

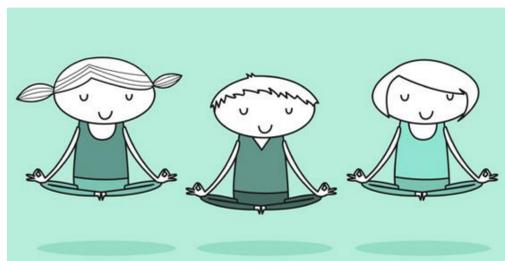


# Rx Meditation is Medicine

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## Introduction

Meditation is a great way to quiet your mind, gain perspective, and relieve stress. The Thames Valley FHT (TVFHT) Mindfulness Program is a skills-based program focusing on the introduction of mindfulness and meditation techniques through experiential practice. The program provides patients with training in guided imagery, relaxation and techniques to increase daily mindfulness and decrease psychological and physical symptoms of stress. Mindfulness prompts that we acknowledge what we are doing in the present, which results in gaining a better appreciation for the moment. This aspect of mindfulness is the core of TVFHT's program which is taught in either a one-day session or over the course of four weeks.



## Purpose

This poster reviews the program over the past five years looking at the improvement in patient's perceived level of stress and perceived level of daily mindfulness. In addition, patient satisfaction results will be examined.

## Background

TVFHT began offering the program due to high demand and repetition observed within individual appointments. Due to high attendance rates and demand, the Quality Improvement team established a committee comprised mainly of social workers from the FHT who have a passion (and interest in training in this area) in offering patients the opportunity to learn and practice mindfulness. The group meets on a regular basis to discuss best practices, (identify and address professional development needs), share experiences and improve patient experience based on responses from satisfaction surveys. TVFHT increased the offering of the Mindfulness program from one site to five sites over the course of a few months.

## Results

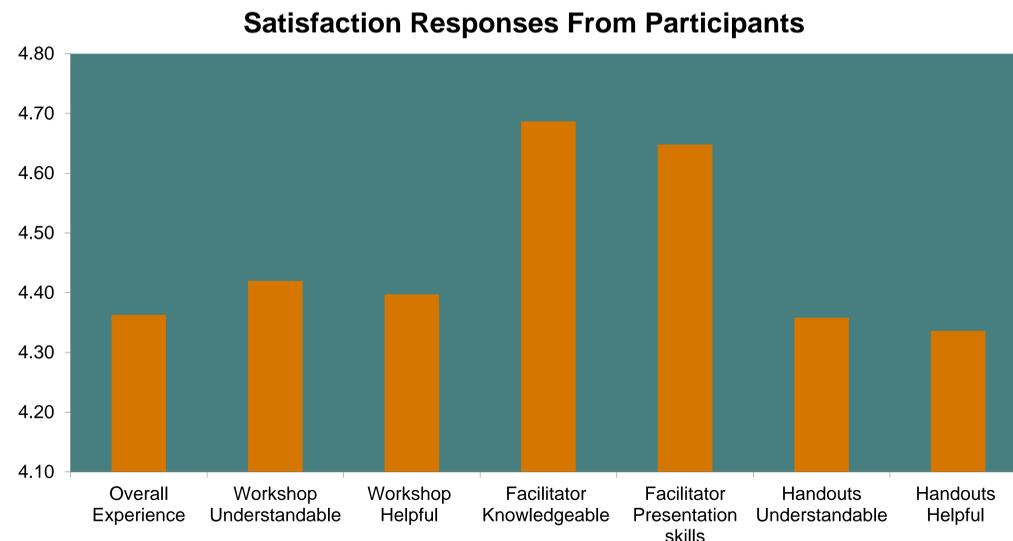


Figure 1.1

This graph shows the level of satisfaction across 7 different aspects of the program. As displayed, all participants were either very satisfied (5.0) or satisfied (4.0) with the components of the program.

"This is a wonderful program presented by a very gifted facilitator. Kudos to the medical community for finally recognizing and implementing this hands on approach that guides patients in self-care and self-healing."

## Comparison of Pre and Post Group Responses on the Perceived Stress Scale

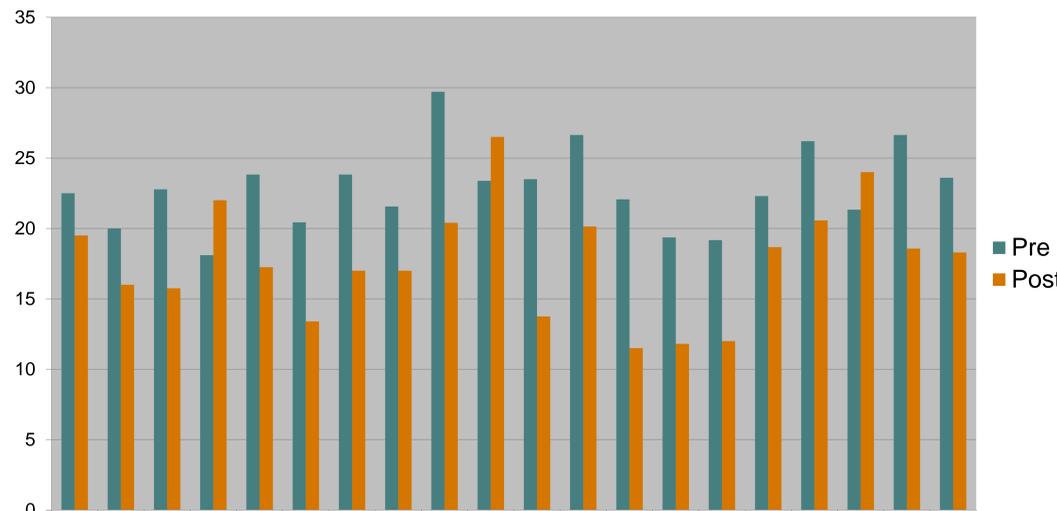


Figure 1.2

This graph displays the results of multiple runs of the program in regards to patients' responses on the Perceived Stress Scale both pre and post program. As displayed in the graph above, 85% of runs witnessed a decrease in overall perceived stress of the group.

## Comparison of pre and post responses on the Five Facet Mindfulness Questionnaire

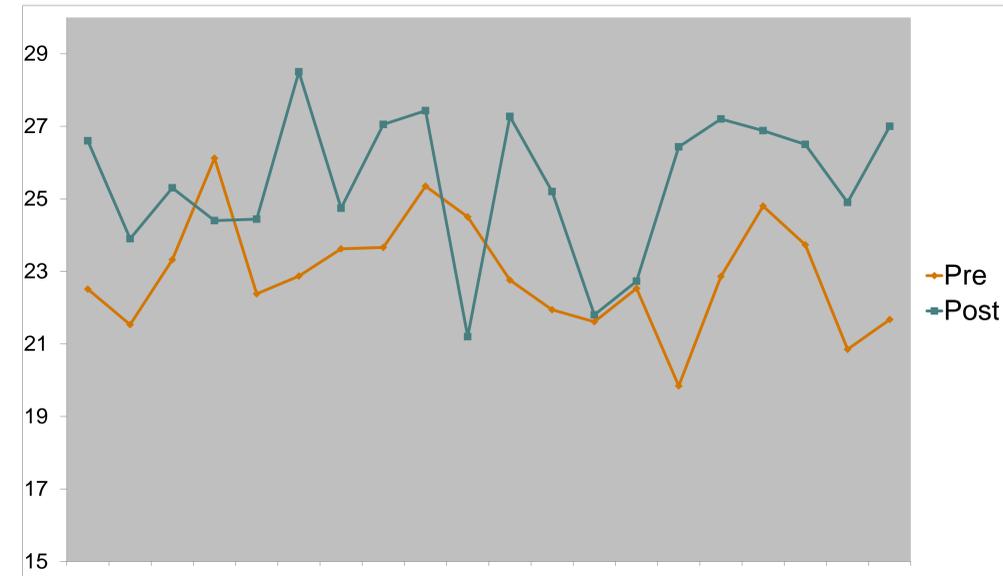


Figure 1.3

This graph depicts the comparative results of patient's responses to the Five Facet Mindfulness Questionnaire (FFMQ) on both pre and post program.

"The meditation is not only helping with my depression; it's also helping me to be a better and happier person. It's about overall well being, and I think too many people don't pay attention to that. I recommend it to people all the time now."

"Excellent! The guidance was wonderful, kind, meaningful. Instructor was excellent, made me feel very comfortable. It was non-threatening. Easy to understand. I learned a lot! Thank you, I really feel that I have gained skills that I will use for the rest of my life."

"Wow-I have a whole new appreciation for the power of meditation...I'm tired and geared down...as if I'm ready to cozy up just before sleeping."

## Discussion

Patients across all our geographical spread now have access to the positive benefits of incorporating a mindfulness practice into their lives. In addition, participants that have completed the program are referred to attend bi-weekly practice sessions, where social workers expand the scope of techniques allowing for the opportunity to gain increased knowledge as well as continue their practice of mindfulness, with an opportunity to learn new techniques as research expands in mindfulness-based stress reduction. Providing patients the ability to attend a group program has decreased lengthy one-on-one appointments with our social workers, therefore improving access to the right care in a timely manner.