



# The Office of Health Sciences Education invites you to the 2013-2014 Faculty of Health Sciences Journal Club



**8:00 – 9:00 a.m.**

**Wednesday February 12, 2014**

**Glaxo Wellcome Centre (CEC), Louise D. Acton Building, 31 George Street, Room 121**

## **Objectives of the Health Sciences Education Journal Club:**

- 1) To learn and practise critical appraisal skills with respect to health science education literature
- 2) To use evidence based literature to guide our educational practice
- 3) To keep up to date on current and relevant literature in health sciences education
- 4) To stimulate an educational discussion for those engaged in health sciences education
- 5) To provide an enriched social and learning environment for faculty engaged in health sciences education

**Topic:** Mindfulness in Medical Education

**Facilitator:** Beverly Blaney

### **Readings:**

Krasner, M.S. et al., (2009). Association of an Educational Program in Mindful Communication With Burnout, Empathy, and Attitudes Among Primary Care Physicians. *JAMA*, 302(12): 1284-1293

Bond, A.R., et al., (2013). Embodied health: the effects of a mind-body course for medical Students. *Med Educ Online*. 2013; 18: 10.3402/meo.v18i0.20699

### **Suggested Approach:**

For the past several years I have been providing counseling to medical staff and trainees who are suffering from stress and burnout. The severity of their conditions varies from moderate to severe. In some cases the daily functioning of these individuals has become so compromised that they have required medical leaves to recover. These leaves are costly to the system and create increased stress for those on the job. Because of the individual and institutional costs of burnout, numerous strategies have been employed to address it. One researched strategy is mindfulness training, which has been shown to reduce burnout symptoms and perceived stress.

At Queens, a mindfulness training program has been offered as an elective for groups of 15 -25 medical trainees and practitioners. The aim has been to help participants reduce stress and develop healthy coping strategies. Our results, like those discussed in the attached articles, suggest that this training promotes well-being, decreases perceived stress and may mitigate against the risk of burnout. It seems reasonable to consider having such a program embedded within the medical curriculum.

### **Guided Reading Questions:**

1. Do you think this skill set would be useful to our medical trainees and staff?
2. What level of system would be the most efficient and effective point of entry?

## **Upcoming Journal Club Dates:**

March 19 \* April 9 \* May 14

**PLEASE NOTE: For the March 2014 Journal Club, the date and time has been changed to:**  
**Wednesday March 19, from 12 – 1pm.**  
**The venue will remain unchanged**

*For more information, please visit our website at: [http://healthsci.queensu.ca/education/ohse/programs/journal\\_club\\_2013-2014](http://healthsci.queensu.ca/education/ohse/programs/journal_club_2013-2014)*