

Evidence for Mindfulness Based Resilience Training in the Medical Curriculum

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Background

- Burnout is a significant problem among medical students due to the stressful learning environment in medical school. Studies show that around 50% of medical students experience burnout, and that it progressively develops over the course of medical education.
- Students with burnout are less likely to hold altruistic views about physicians' responsibility to society. They are also less likely to foster empathy during medical care, as distress and well-being are related to medical student empathy.
- As efforts to improve mental health were introduced, altruistic beliefs towards the physician's responsibility in society improved. Lower support, higher stress, and perceived lack of control were significantly related to burnout in medical students.
- Mindfulness, a meditation practice involving focused attention to the present moment in a nonjudgmental way, has been shown to relieve stress, improve mental health, and foster empathy and compassion.
- Mindfulness has also been shown to be helpful for fostering better emotion regulation in the face of stressors and better resilience in recovering from stress.



Woman practicing meditation
(Image: Hopewood Lifestyle)

Need for Resilience in Medical Education

- There is a high volume and array of stressful experiences medical students navigate daily which range from the quantity of information to memorize, test anxiety, criticism from superior doctors, high level of competitiveness among peers, dealing with a patient's suffering and their family, and learning to manage one's own personal life in the midst of this.
- Thus, based on previous literature, a Mindfulness Based Stress Reduction (MBSR) course administered to medical students will pose a promising way for medical students to address their distress and also enhance their ability to doctor in a compassionate, patient-centered way.
- They will be able to manage their stress and become protected against burnout, while also retaining the core doctoring skills of empathy, openness, and communication.
- My hypothesis is that mindfulness is an effective tool for training resilience because it helps moderate stress and anxiety, which often times causes burnout in medical students. It needs to be in evidence based practice because previous research has clearly shown how beneficial it is in relieving stress.

Evidence Based Practices for Promoting Resilience

- Mindfulness Based Stress Reduction (MBSR)
- Mindfulness Practice Curriculum
- M-BRITE Seminar

AMS Mindfulness Based Resilience Curriculum Initiatives

- Mindfulness Based Stress Reduction Course (MBSR) for medical students
- MBSR course for residents and doctors
- Study in progress on how mindfulness and meditation affect the working memory ability and emotion regulation of medical students
- Success in integrating mindfulness into the medical school curriculum, making it a mandatory elective
- Plan to evaluate the effectiveness of mindfulness as a tool for resilience training in the standard medical curriculum

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