

La pleine conscience (*mindfulness*) en contexte de soins palliatifs

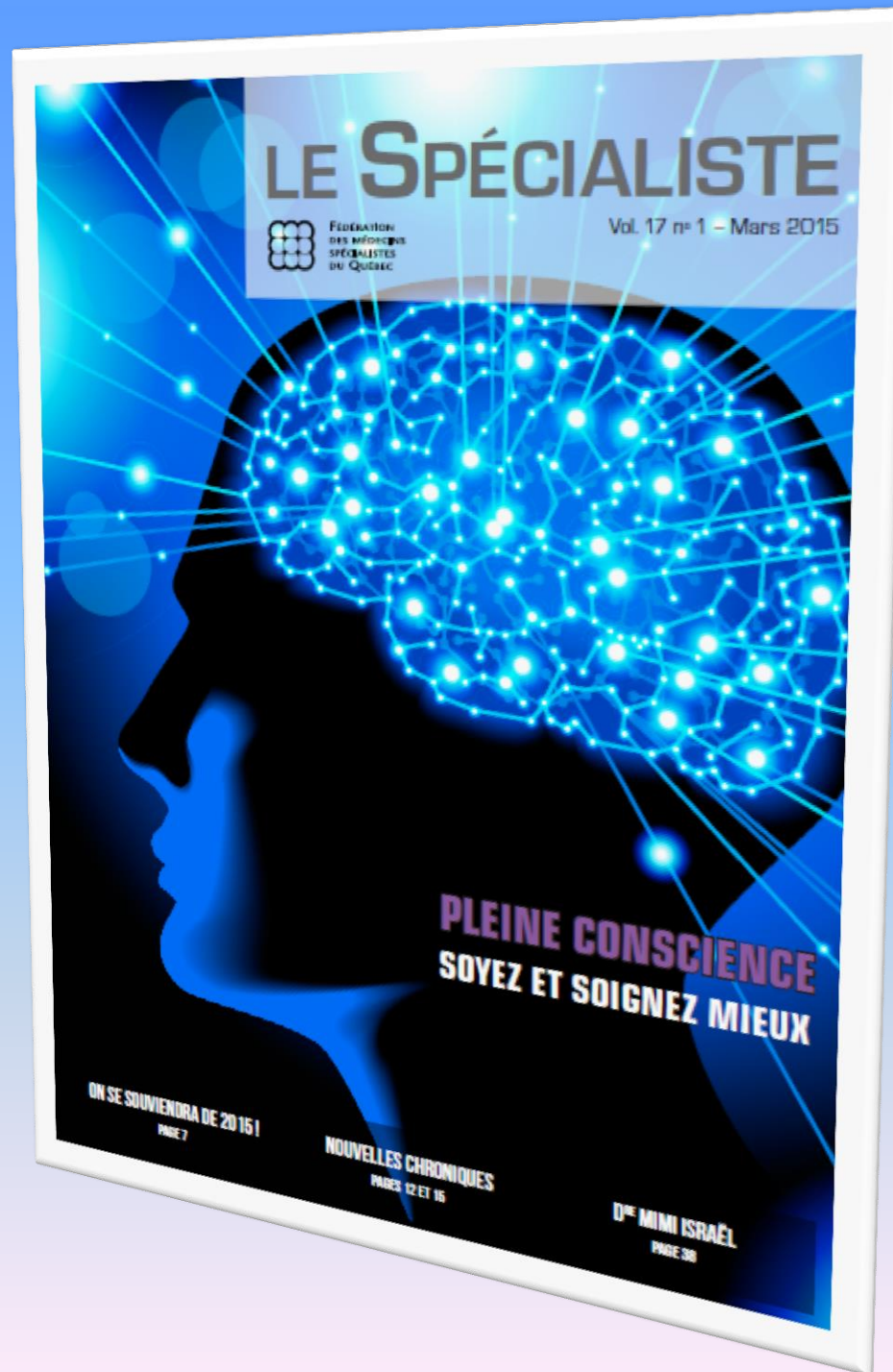
*Une approche méditative laïque pour les patients, leurs
proches et le personnel soignant*



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Le présentateur ne déclare aucun conflit d'intérêt.









The Mind and Life Institute Presents: Mind and Life XIII
Hosted by the Georgetown University Medical Center and the Johns Hopkins University School of Medicine

Investigating the Mind 2005

The Science and Clinical Applications of Meditation

The Mind & Life Institute and
Georgetown University Hospital

November 8, 9, & 10, 2005

DAR CONSTITUTION HALL, WASHINGTON, DC

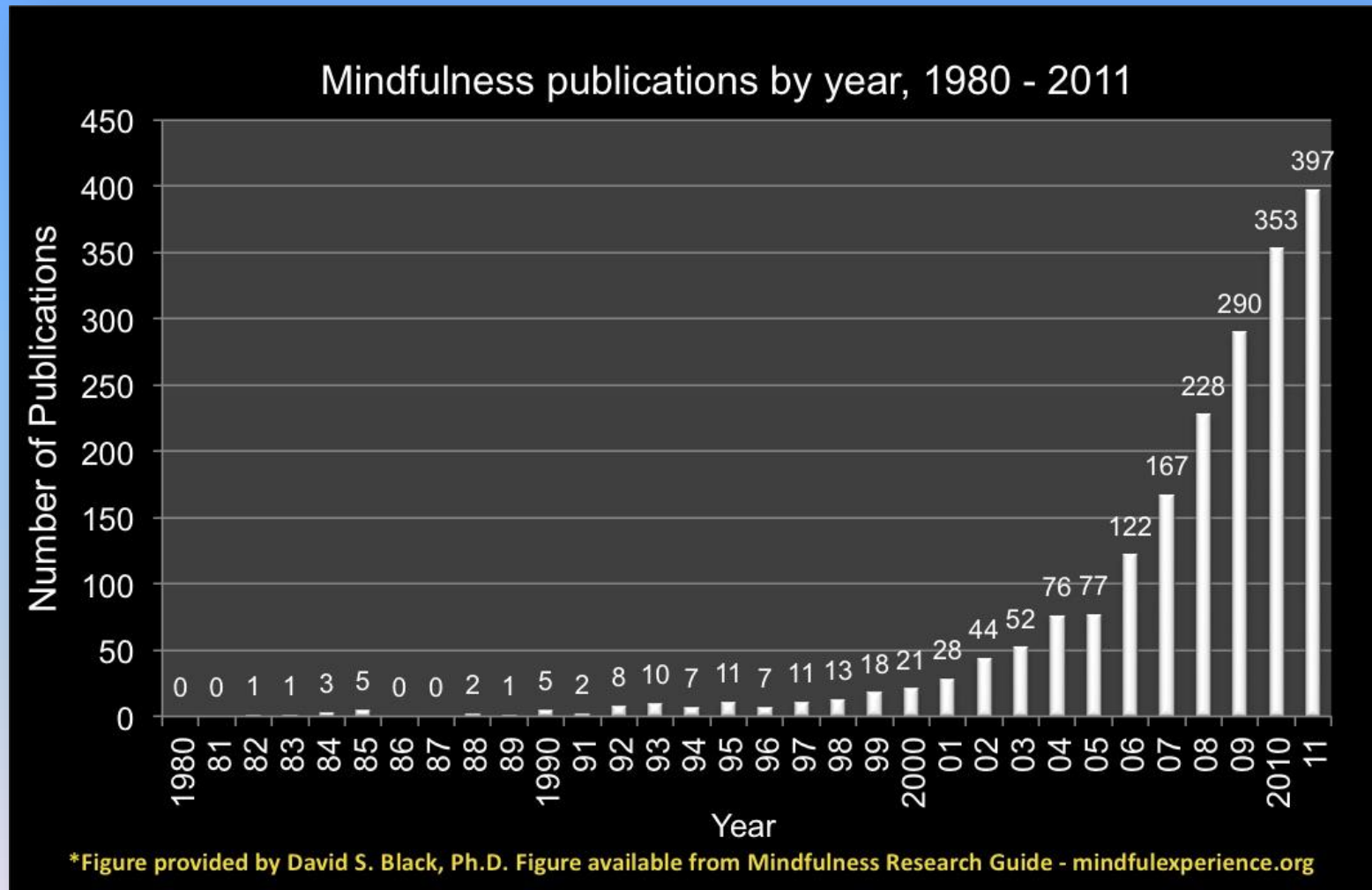
Georgetown University Hospital
The Mind & Life Institute and

DAR CONSTITUTION HALL, WASHINGTON, DC

November 8, 9, & 10, 2005

OF MEDITATION

Augmentation des recherches et publications sur la pleine conscience





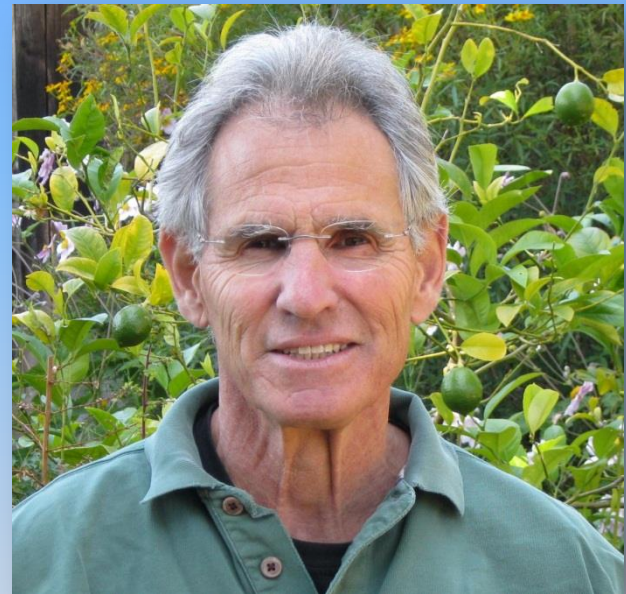
Mind Full, or Mindful?

Mindfulness Based Stress Reduction

Ph.D Biologie moléculaire, MIT,
1971

Enseigne la médecine à la
medical school de l'Université
du Massachussetts

Développe le programme MBSR
en 1979



Jon Kabat Zin

Transition de la conscience de...

« faire »



« être »



La pleine conscience n'est pas une «technique» ou une «méthode de relaxation»...c'est une façon de vivre, une façon d'être en relation...

Can you find the
the mistake?

1 2 3 4 5 6 7 8 9

Définition de la pleine conscience

Aptitude à porter une attention particulière et délibérée sur le moment présent, dans une attitude d'accueil bienveillante et de non-jugement par rapport à l'expérience vécue.



Les objectifs du programme

1. Développer une présence attentive
2. Gérer le stress et l'anxiété
3. Développer l'empathie et la résilience
4. Améliorer la qualité de vie



**MINDFULNESS BASED
STRESS REDUCTION**

La pratique formelle

Méditation assise

Body scan

Marche méditative

Yoga (simple, adapté)



La pratique informelle

Activités quotidiennes

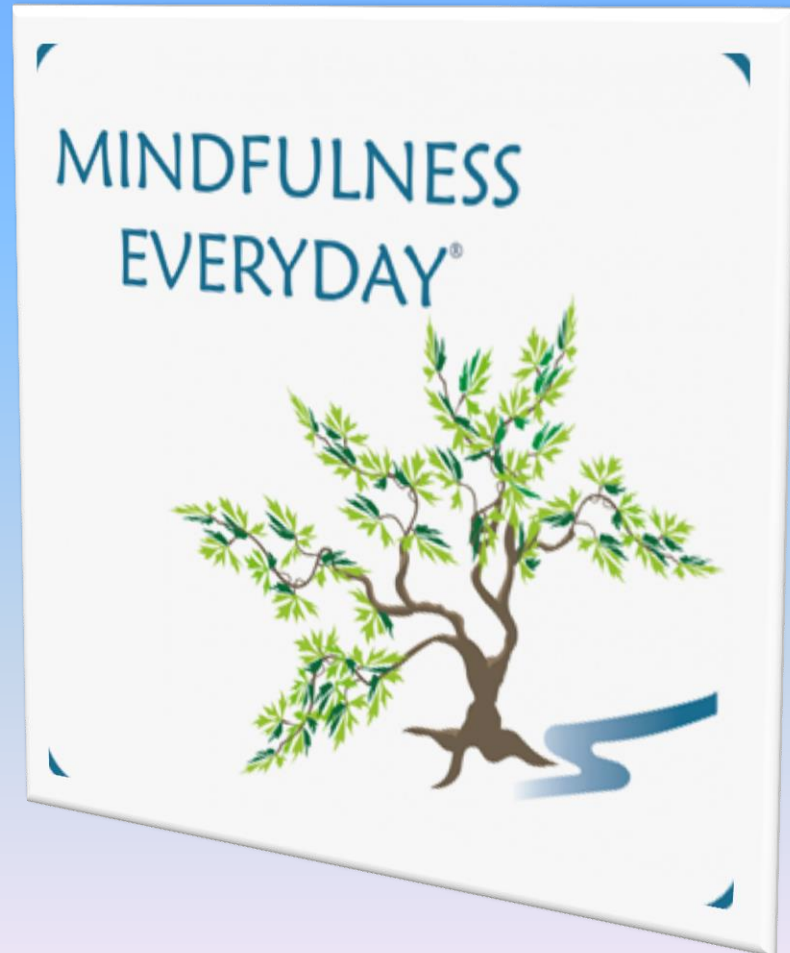
Nutrition

Entretien ménager

Travail

Loisirs

Etc.



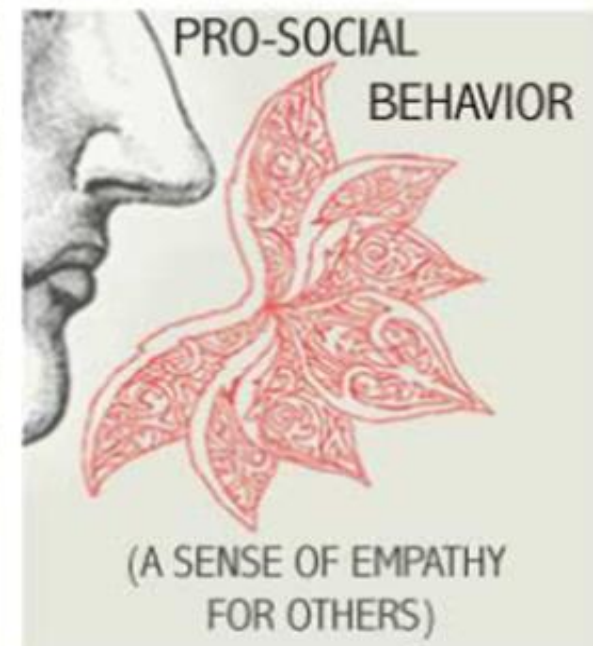
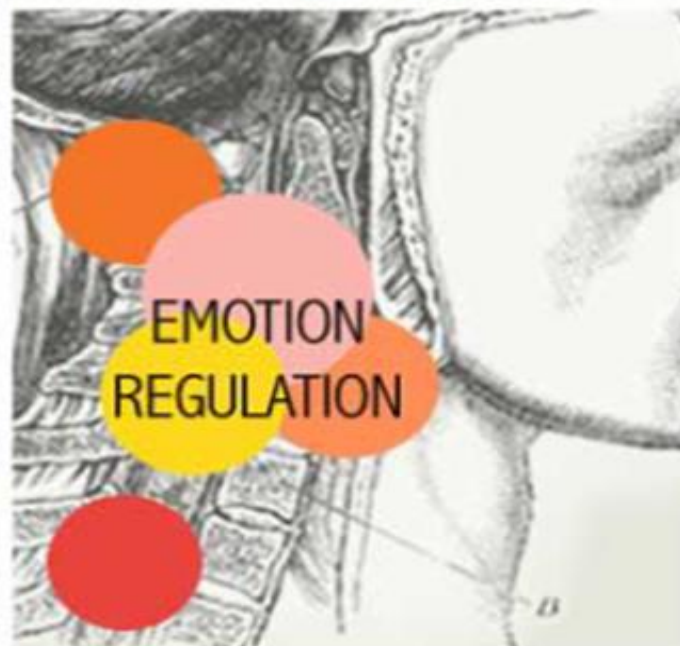
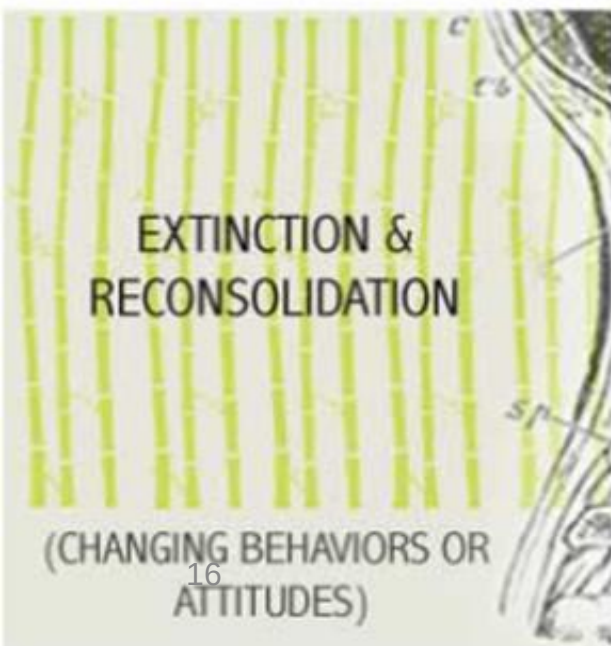
Adaptabilité du programme

Le programme peut être adapté à différents contextes et pour différentes personnes (patients, professionnels, gestionnaires, personnes âgées, étudiants, etc.)



HOW IT WORKS: THE SCIENCE OF MEDITATION

MINDFULNESS INVOLVES SIX NEUROPSYCHOLOGICAL PROCESSES THAT LEAD TO A PERSON'S MEDITATIVE STATE OF SELF-AWARENESS.



« Revue des effets de la méditation de pleine conscience sur la santé mentale et physique et sur ses mécanismes d'action »

Santé mentale au Québec Volume 38, numéro 2, automne 2013, p. 19-34



Ngô, Thanh-Lan. M.D.

Médecin psychiatre. Après sa résidence en psychiatrie à l'Université de Montréal, elle a suivi une formation post-doctorale en thérapie cognitivo-comportementale au Oxford Cognitive Therapy Center (Angleterre) et fait une maîtrise en TCC au King's College London (Angleterre)

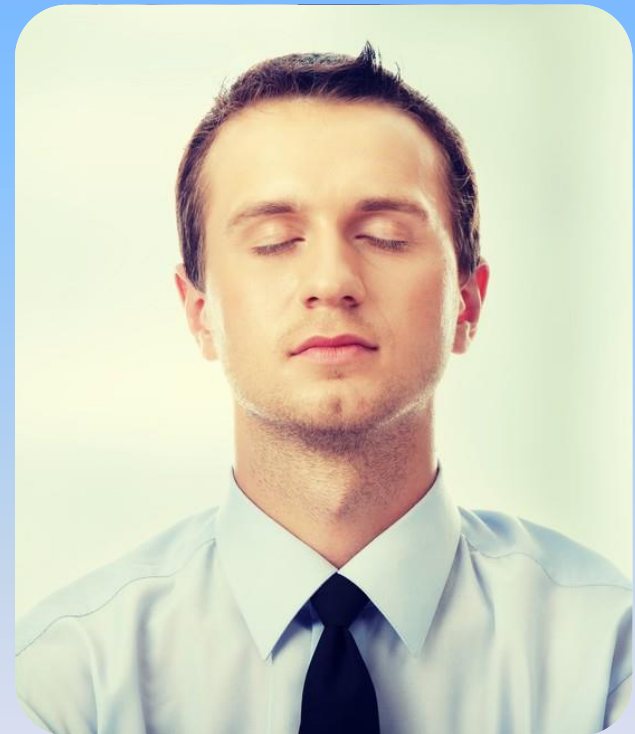
Bienfaits physiques



- Amélioration des fonctions immunitaires
- Diminution de l'inflammation
- Diminution de la réactivité du système nerveux
- Diminution des niveaux de cortisol
- Diminution de la tension artérielle
- Augmentation de l'activité de la télomérase
- Augmentation du taux de mélatonine urinaire et plasmatique
- Augmentation du taux plasmatique de sérotonine

Bienfaits psychologiques

- Sentiment de satisfaction envers la vie
- Augmentation de l'empathie, compassion
- Sentiment de contrôle et de compétence
- Moins tendance à déprimer
- Moins distrait, moins de rumination
- Moins d'anxiété sociale
- Augmentation de la flexibilité cognitive
- Meilleure régulation des émotions
- Diminution de l'anxiété



Pleine conscience et plan de soins

- Complémentaire aux soins médicaux (qu'elle ne remplace pas...)
- Permet de mieux répondre aux traitements médicaux et pharmacologiques
- Peut atténuer de façon significative certains symptômes
- Contribue positivement à la guérison

Approche globale de guérison



Traiter la maladie

Soigner le patient

Pleine conscience et médecine intégrative

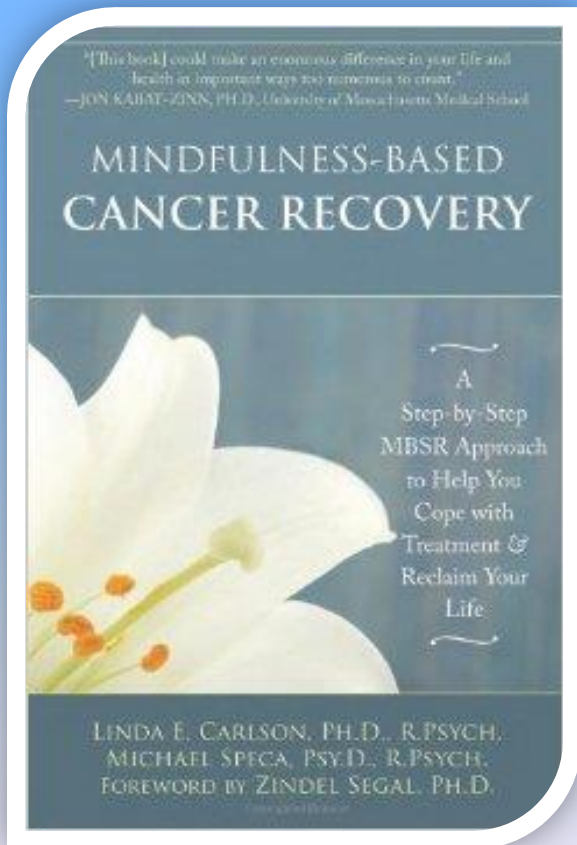


*CAM Treatments - Complimentary & Alternative Medicine Treatments

Les programmes de pleine conscience se multiplient dans les hôpitaux et les universités. Ici, à la faculté de médecine de l'Université de Pennsylvanie aux É.U., un programme pour les patients atteints de cancer et les proches-aidants.



La pleine conscience pour les personnes atteintes de cancer



La *Mindfulness based cancer recovery* est un programme de pleine conscience destiné aux patients atteints de cancer

Développé par Dr. Linda Carlson au département d'oncologie psychosociale de l'Université de Calgary.

La Pleine conscience utilisée comme thérapie
cognitivo-comportementale par de plus en plus de
psychiatres et psychologues



From: **Efficacy of Mindfulness-Based Cognitive Therapy in Prevention of Depressive Relapse: An Individual Patient Data Meta-analysis From Randomized Trials**

JAMA Psychiatry. Published online April 27, 2016. doi:10.1001/jamapsychiatry.2016.0076

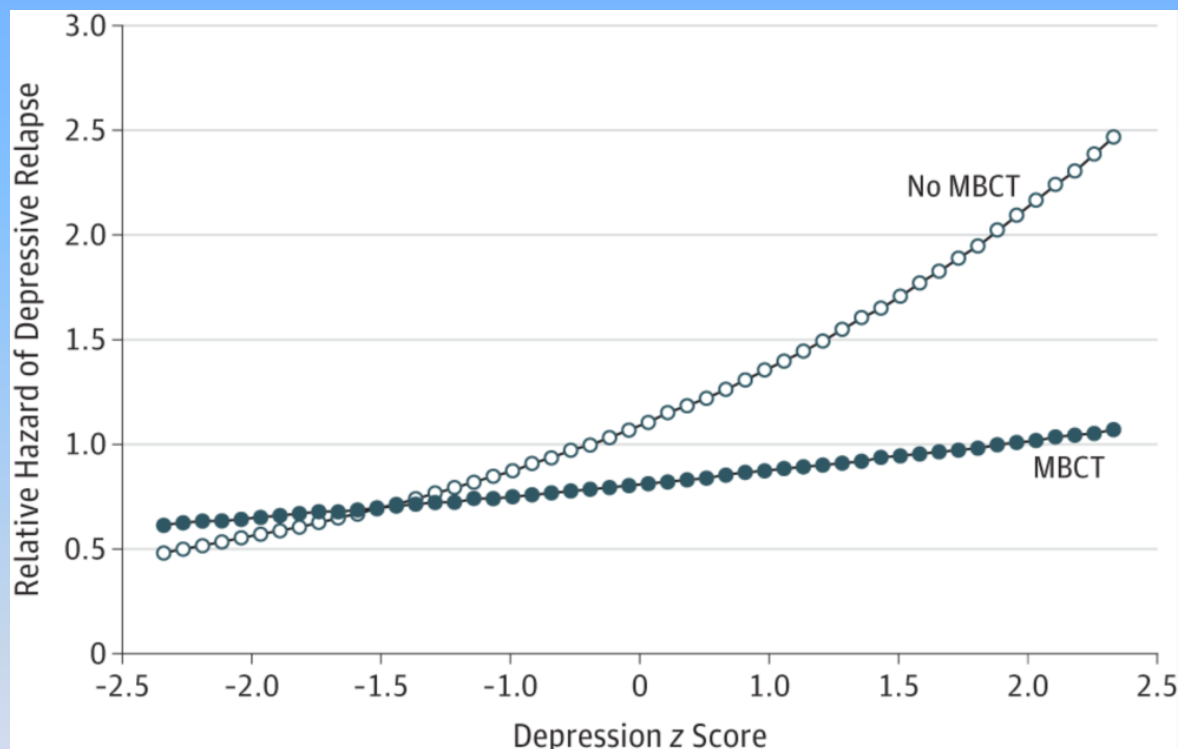


Figure Legend:

Interactive Effect Between Mindfulness-Based Cognitive Therapy (MBCT) Status and Baseline Depression With Regard to the Relative Hazard of Depressive Relapse Predictive margins for the relative hazard of depressive relapse comparing participants receiving MBCT with those not receiving MBCT at baseline depression z scores, derived from a model including MBCT status, baseline depression z score, the interaction between MBCT status and baseline depression z score, baseline mindfulness z score, age at onset of depression, and number of past episodes of depression (5 or more/4 or fewer).

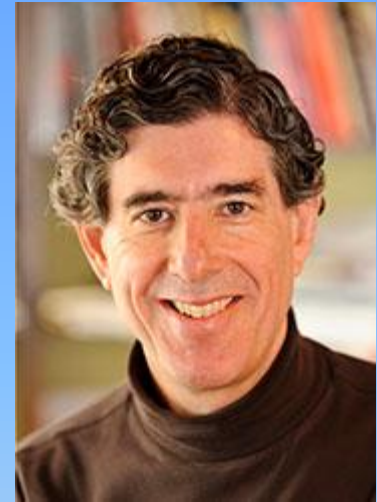
Recherches cliniques et applications thérapeutiques



Linda Carlson



Sara Lazar



Richard Davidson



Judson Brewer

Iranian journal of cancer prevention, vol 7 . No 4. 2014

Comparison of Effectiveness of the Metacognition Treatment and the Mindfulness-Based Stress Reduction Treatment on Global and Specific Life Quality of Women with Breast Cancer

Soheila Rahmani¹ , Siavash Talepasand¹ , ALi Ghanbary-Motlagh²

N=36

N=12: MT

N=12: MBSR

N=12: Contrôle

«Sur la base des résultats obtenus dans cette étude, il semble bien que **la méditation pleine conscience favorise l'amélioration de la santé mentale des patientes atteintes du cancer du sein**»



Journal of Consulting and Clinical Psychology

Vol. 80, No. 6

Méta-analyse de 22 études indépendantes avec un total de 1,403 participants.

The Effect of Mindfulness-Based Therapy on Symptoms of Anxiety and Depression in Adult Cancer Patients and Survivors: A Systematic Review and Meta-Analysis

Piet, Zachariae, Wurtzen, 2012



Conclusions de l'étude: «Bien que la qualité des études varient considérablement, il semble y avoir des preuves positives qui appuient l'utilisation de la pleine conscience pour les patients et survivants du cancer qui sont aux prises avec des symptômes d'anxiété et de dépression».

Journal of clinical psychology Vol 71
august 2014

Mediators of Mindfulness-Based Stress Reduction (MBSR): Assessing the Timing and Sequence of Change in Cancer Patients

Laura E. Labelle, Tavis S. Campbell, Peter Faris, and Linda E. Carlson
University of Calgary, Department of Oncology and Alberta Health Services



«Dans le contexte de l'utilisation de la pleine conscience, la théorie qui veut que ce soit la **régulation des émotions** qui contribuent positivement aux bienfaits physiques semble se confirmer».

Barry S. Oken, MD 2010

(Portland, Oregon)

«Les proches aidants de personnes atteintes de démence manifestent un haut degré de dépression, de stress et autres symptômes physiologiques. Leur consommation de médicaments et leurs hospitalisations sont plus fréquentes que chez la population générale. Les effets du stress à long terme sur l'organisme en seraient la principale cause.»



Intégration clinique de la pleine conscience

La pleine conscience pour les patients en soins palliatifs



Mindfulness groups in palliative care: a pilot qualitative study

Paul Chadwick, Tracey Newell and Chas Skinner (South Hampton, UK)

*«The present exploratory study is of mindfulness groups for **people with terminal cancer. Participants faced death in the near future, with potentially rapidly declining health, high levels of pain and fatigue**»*

*«Weekly **sessions lasted 60 minutes** and comprised **two 10-minute practices of mindfulness of breath**, each **followed by reflective discussion**. We report on participants who voluntarily attended mindfulness training as part of a **6-week clinic** run one day a week by a hospice»*

Les résultats

Espoir et motivation

*I was feeling rather low . . . **My main interest was to meet with other people with various cancers and see how they were coping.** I mean I live alone and . . . I just thought I could get some tips on coping from the staff and maybe from the patients who were on the course with me. (Helen)*

Bienfaits de la pratique

*I don't dwell on it so much you know . . . **I'm happier in myself and more accepting I think. He taught us to look at our illness in a different way . . .** I think that is the main thing really he taught us, to look about the illness differently and it **made us more able to cope and rise above it**, which is an expression of mine (laughs). (Helen)*

Les résultats

Relation avec l'enseignant

He had a very, very nice voice which I found really nice to listen to. . . he did have a very real understanding of our problems. (Helen)

He paused between every sentence for what seemed liked ages and I kept thinking 'are we supposed to respond?' and I was irritated by that. (Linda)

Relation avec la pleine conscience

To rise above our aches and pains and difficulties and get what happiness we could out of the day. Not to look back or obviously none of us could look too far forward but, um, enjoy our day as much as we possibly could. (Helen)

Les résultats...

Les constats favorables chez certains participants...

- Augmentation du sentiment de bien-être
- Diminue les émotions négatives en lien avec la maladie
- Relation différente avec la maladie/acceptation
- Augmente le niveau d'attention porté au corps
- Amélioration du sommeil
- Permet de mieux gérer les spasmes douloureux
- Améliore la qualité du temps de prière

Intégration clinique de la pleine conscience

La pleine conscience pour les proches des patients en soins palliatifs



Palliative and Supportive Care (2015), 13, 11–18.

Mindfulness in informal caregivers of palliative patients

MONIKA KÖGLER, MA,¹ MONIKA BRANDSTÄTTER, MA,¹; GIAN DOMENICO BORASIO, MD,² VERONIKA FENSTERER, MSC,³; HELMUT KÜCHENHOFF, PHD,³ AND MARTIN JOHANNES FEGG, PHD (*Étude Suisse-Allemande, 2015*)

Table 1. Sample characteristics

	Intervention (n = 73)	Control (n = 57)	Total Sample (n = 130)
Age (in years): M ± SD	54.5 ± 13.6	54.0 ± 13.2	54.3 ± 13.4
Gender, women: %	72.6%	68.4%	70.8%
Patient is: %			
Partner	58.9%	64.9%	61.5%
Parent	26.0%	28.1%	26.9%
Child	2.7%	3.5%	3.1%
Other	12.3%	3.5%	8.5%
Level of Education: %			
None or secondary	24.7%	15.8%	20.8%
Vocational secondary/grammar school	45.2%	42.1%	43.8%
University degree	24.7%	40.4%	31.5%
Other/missing	5.5%	1.8%	3.8%
Patient deceased: %			
≥6 weeks before T1	38.4%	54.4%	45.4%
<6 weeks before T1 to T2	41.1%	22.8%	33.1%
After T2	20.5%	22.8%	21.5%
Use of other psychosocial support: %	28.8%	21.1%	25.4%
Diagnosis of Patient: %			
Cancer	80.8%	80.7%	80.8%
Neurological	12.3%	15.8%	13.8%
Other	6.9%	3.5%	5.4%

«One-hundred-and-sixty informal caregivers took part in the trial; mindfulness data were available for 130 participants» *6 sessions (22 hrs)*****

Résultats de l'étude Suisse-Allemande

- *«Mindfulness in informal caregivers of Palliative care patients was significantly correlated with higher QoL, life satisfaction, the experience of meaning, and lower psychological distress.»*
- *«Regarding the facets of mindfulness, a negative correlation between psychological distress and “Describing/ labeling with words,” “Acting with awareness,” “Non-reactivity to inner experience,” and “Non-judging of experience” was found. These attitudes may help relatives to cope with their experiences.»*

Palliative and Supportive Care (2015), 13, 11–18.

Conclusions...

*«To summarize, the concept of **mindfulness was well accepted by relatives of PC patients**, both active caregivers as well as bereaved ones.»*

*«**Mindfulness seems to be well accepted** by relatives during caregiving (Waelde et al., 2004) **but establishing regular practice might be difficult in this situation** (Oken et al., 2010).»*

*«**Mindfulness training may be a promising concept for psychosocial support in palliative care.**»*

Intégration clinique de la pleine conscience

La pleine conscience pour le personnel soignant en soins palliatifs



JAMA, March 18, 2009—Vol 301, No. 11

Self-care of Physicians Caring for Patients at the End of Life “Being Connected . . . A Key to My Survival”

Michael K. Kearney, MD, Radhule B. Weininger, MD, PhD, Mary L. S. Vachon, RN, PhD, Richard L. Harrison, PhD, Balfour M. Mount, MD (Canada-EU)

Les deux principaux risques qui menacent la santé du personnel soignant œuvrant en soins palliatifs: **épuisement professionnel** et **fatigue de compassion**

«**Rates of psychiatric disturbances, including depressive symptoms, anxiety, and sleep disturbances in clinicians working in end-of-life care ranged from 12% in a study of palliative care physicians to between one-quarter (25%) and one-third (33%) of oncologists in other studies**»

Mesures de prévention

Box 2. Measures That May Help Prevent Burnout^a

Mindful meditation^{55,56}

Reflective writing^{55,56}

Adequate supervision and mentoring⁵⁷⁻⁵⁹

Sustainable workload^{9,13,19}

Promotion of feelings of choice and control^{20,31}

Appropriate recognition and reward^{9,19}

Supportive work community^{9,19}

Promotion of fairness and justice in the workplace^{9,12,19}

Training in communication skills^{60,61}

Development of self-awareness skills^{6,62}

Practice of self-care activities^{3,6,62}

Continuing educational activities^{13,63,64}

Participation in research^{13,65,66}

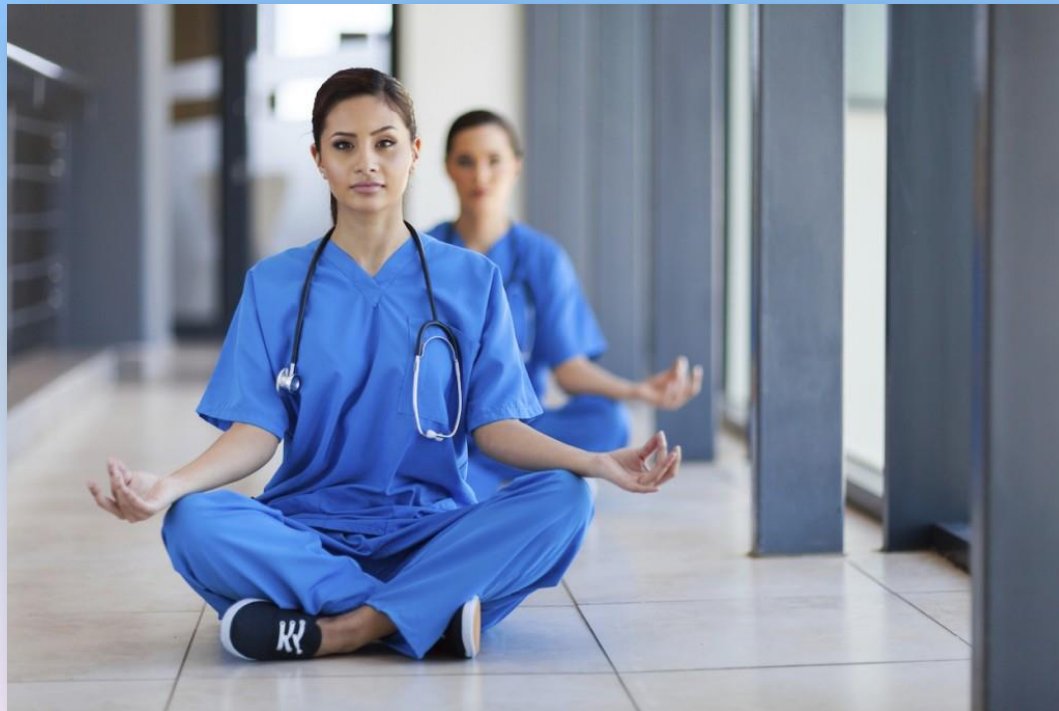
Mindfulness-based stress reduction for team⁶⁷

Meaning-centered intervention for team⁶⁸

^aThere are varying levels of evidence for the efficacy of these interventions. Randomized trials have shown the effectiveness of mindfulness meditation and reflective writing.

Mindfulness Meditation Practice

«The practice of mindfulness meditation simultaneously raises physicians' consciousness of their inner reality (physical, emotional, and cognitive) and of the external reality with which they are interacting. It teaches the physician to develop a “kind, objective witnessing attitude” toward himself or herself and helps to develop empathy for others.» (p.1161)



Mindfulness Meditation Practice

«Mindfulness meditation is reported to develop and enhance a person's capacity to feel both self-compassion and empathy for others. Self compassion has been demonstrated to protect against anxiety and promote psychological resiliency.» (p.1162)

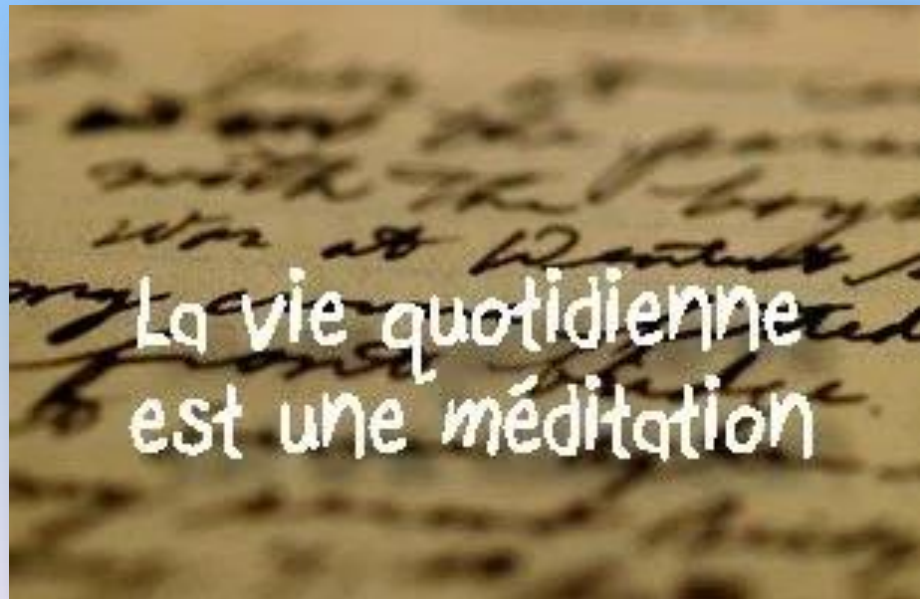
«A matched, randomized trial (Shapiro, 1998) examined the effect of an 8-week mindfulness-based intervention on medical and premedical students. The intervention group reported significantly less depression and anxiety and greater empathy compared with a wait-list control group, even though postintervention data acquisition coincided with the participants' school examinations» (p.1161)

Mindfulness in Hospice Care: Practicing Meditation-in-Action

Anne Bruce Ph.D

Betty Davies Ph.D.

(University of Victoria)



- Étude qualitative (5 mois)
- Maison de soins palliatifs «occidentale» avec une philosophie «orientale» (bouddhisme-zen)
- 9 personnes qui pratiquent la pleine conscience sur une base quotidienne (4 bénévoles, 3 membres du personnel soignant, 2 patients (HIV))
- Évaluation de l'influence de la pratique de la pleine conscience sur la qualité des soins prodigués

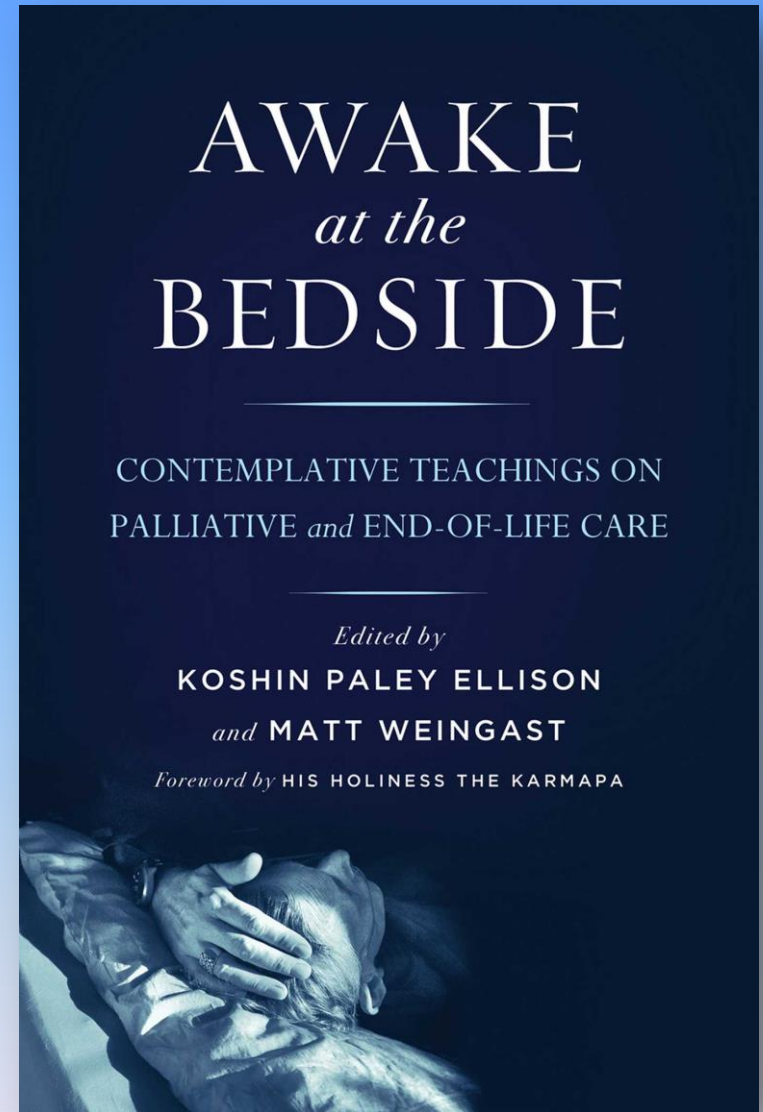
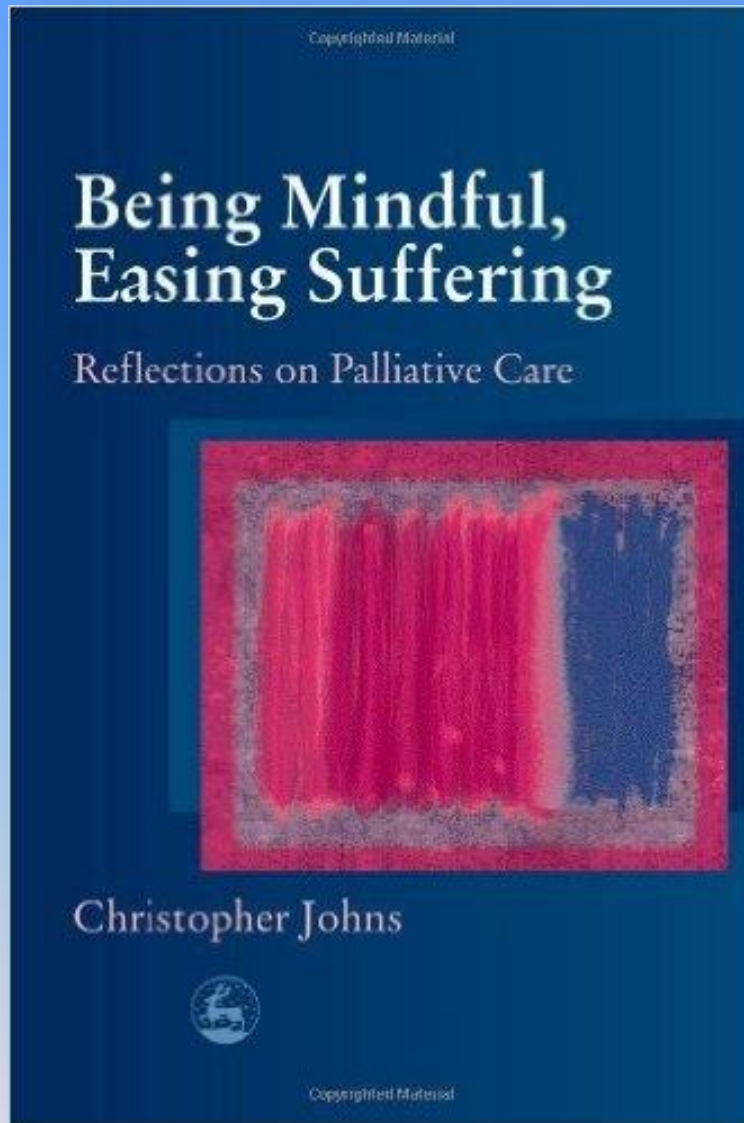


Analyse des données...Faits saillants

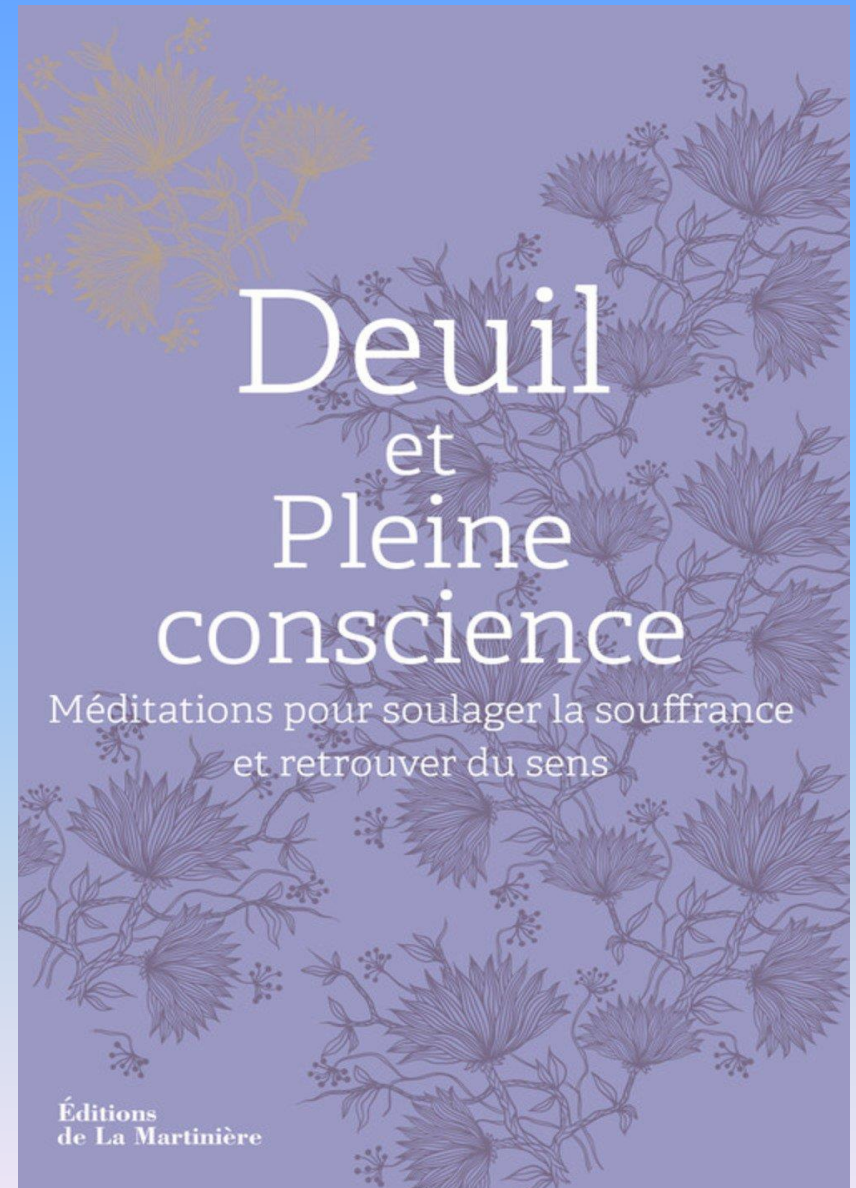
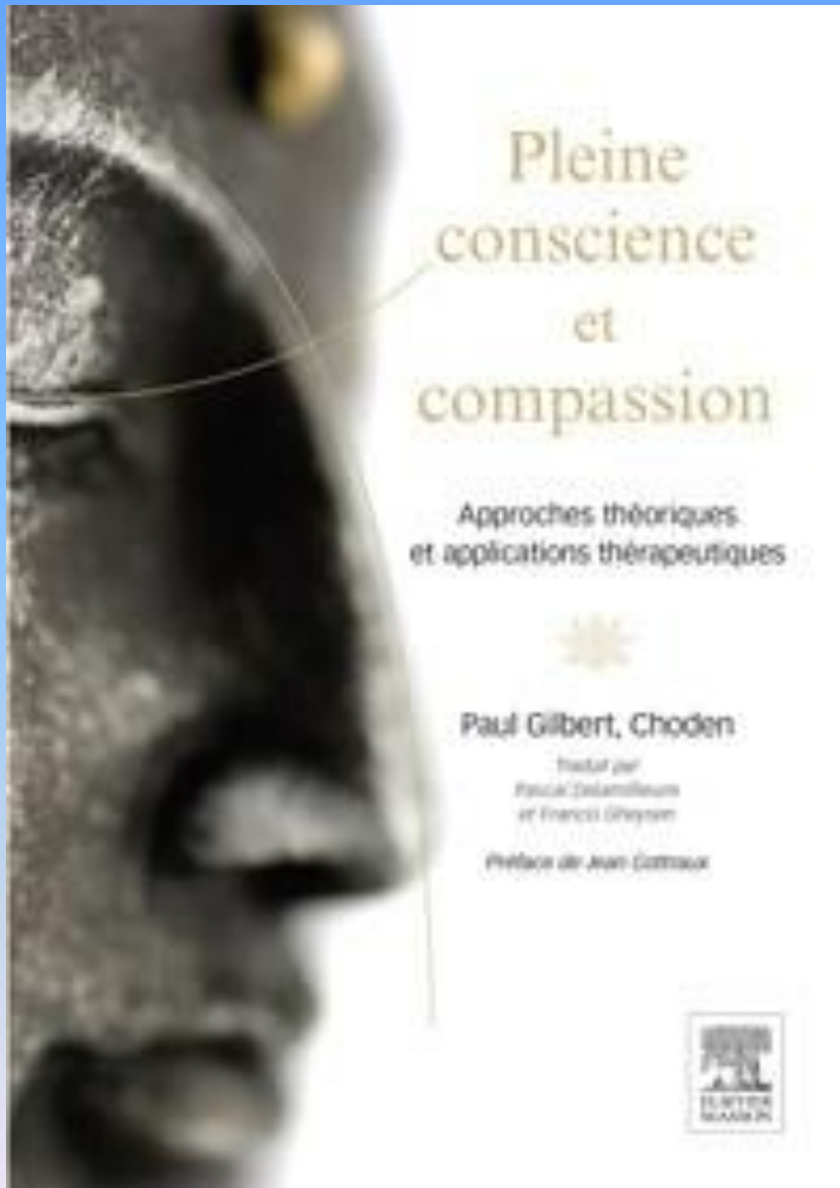
- Les soins prodigués sont intégrés à la pratique de la pleine conscience (le soin comme espace méditatif):
Inquiry participants considered caregiving a significant aspect of their meditation practice
- Importance accordée à l'intentionnalité: *How I work with my mind in relation to my work definitely has a path quality. **I set my motivation in the morning and my intention is very strong...** I mean, I'm a neurotic person like everybody else, I have aggression and ignorance and all that stuff. **But when I go to work may whatever I do, first of all, may it not be harmful and then may it somehow serve the people around me.** And...I think that's the most important part.*

Analyse des données...

- Diminution de la «distance» et augmentation de l'empathie: *We go to the bedside...in an interesting way . . . To be supported. I go with generosity and kindness—but there is mutuality. **Our lives are interconnected . . . your suffering is my suffering . . . you're dying and I'm going to die. I don't assume that I am independent from the person in the bed.***
- Un regard transformé: *Mindfulness makes me alert to what is happening . . . I see things that I didn't see before; I begin to notice. For example, when there is a lot of chaos in the room. . . or, if the commode is sitting in the middle of the room in the eye-line of the person lying in bed—is that what she is seeing all day? Maybe it's a convenient location for the caregiver but maybe it's a terrible location for the person in the bed.*



Sortie: fin mai 2016



Patricia Lynn Dobkin
Editor

Mindful Medical Practice

Clinical Narratives and
Therapeutic Insights

 Springer

Mindfulness in Clinical Practice

Richard W. Sears
Dennis D. Tirsch
Robert B. Denton

With Forewords by
Lama Surya Das & Steven C. Hayes



Audio CD inside...
contains 6 exercises in mindfulness techniques & practices



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Mindfulness-Based Stress Reduction

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La pleine conscience pour les patients atteints de cancer à l'hôpital Maisonneuve-Rosemont



Des questions ?

