Mindfulness-Based Stress Reduction Program for Women with Breast Cancer

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About me
Overview

• PICO question
• Challenges of women with breast cancer
  • Physiological and Psychological
• Mindfulness
• Mindfulness- based stress reduction (MBSR)
• Desired outcomes of MBSR
• Supporting literatures & their findings
• Acknowledgement
• References
Research Question (PICO)

In women with breast cancer, how does mindfulness-based stress reduction program compared to usual care (without mindfulness interventions) affect stress level, coping skills, and level of depressive and anxious symptoms?

• P: Women with breast cancer
• I: Mindfulness-based stress reduction program
• C: Without mindfulness interventions
• O: Reduced stress, increasing coping, reduced depressive and anxious symptoms
Challenges of Women with Breast Cancer

– High symptom burden and distress that affects quality of life (Reich et al., 2017).
– Examples of symptom burdens: fatigue, pain, and sleep disturbances
Challenges of Women with Breast Cancer

- Examples of distress/psychological symptoms: stress, anxiety, alteration in cognitive functioning, depression, and fear of recurrence (Reich et al., 2017).
- Constant challenge to cope over time (Sarenmalm et al., 2017).
- Up to 70% of the cancer survivors experience “symptom cluster” (Reich et al., 2017).
What is Mindfulness?

“Mindfulness is a state of awareness, or consciousness, that is fostered by the consistent and deliberate effort to take notice of what is occurring in one’s inner and outer worlds, with a capacity to be fully engaged in the present moment, rather than distracted by or preoccupied with, or focused on, the past or future” (Raphael-Grimm, 2014)
Example of Mindfulness

- The woman who recently got mastectomy
  - Body Mind
  - Emotion Mind
  - Reason Mind
- Wise Mind

(Raphael-Grimm, 2014)
Mindfulness-based stress reduction (MBSR)

- Duration: 8 weeks
- Standardized program
- Mindful relaxation techniques, sitting and walking meditation, yoga and other techniques (Haller et al., 2017).
Desired Outcomes of MBSR

- Reduce stress
- Promote well-being
- Increased quality of life

(Sarenmalm et al., 2017).
## Supporting Literatures & Their Findings

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<thead>
<tr>
<th>Reduced</th>
<th>Improved</th>
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<tbody>
<tr>
<td>– Fatigue</td>
<td>– Sleep</td>
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<td>– Pain</td>
<td>– Physical health</td>
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<td>– Stress</td>
<td>– Physical function</td>
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<td>– Anxiety</td>
<td>– Cognition</td>
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<td>– Depressive symptoms</td>
<td>– Quality of life</td>
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<td>– Fear of reoccurrence</td>
<td>– Emotional well-being</td>
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<td>– Coping capacity</td>
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<td>– Post traumatic growth</td>
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**long-term effect (2+years) must be studied more.**

*Studies Used*
Castanhel & Liberali, 2018; Cifu et al, 2018; Haller et al., 2017; Reich et al., 2017; Sarenmalm et al., 2017; Schell et al., 2019; Zhang et al, 2016
Summary & Recommendations

In women with breast cancer, how does mindfulness-based stress reduction program compared to usual care (without mindfulness interventions) affect stress level, coping skills, and level of depressive and anxious symptoms?

It reduces stress level, increases coping skills, and decreases level of depressive and anxious symptoms AND MORE!

Recommendations

– Daily practices using...
– Waking Up by Sam Harris, Calm
– Mindful Cancer
– Online MBSR program
Acknowledgement

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