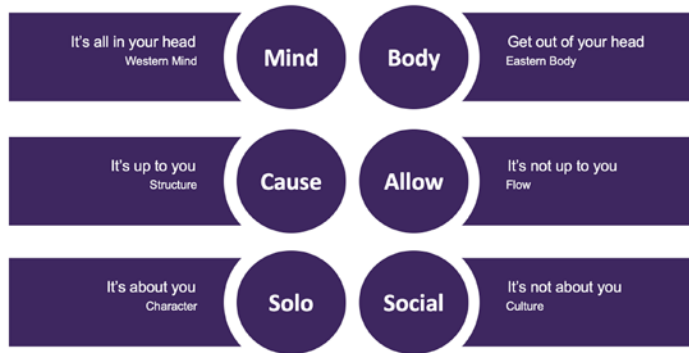


# INTERPROFESSIONAL MINDFULNESS

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## Mindfulness Mindfulness Dynamics



According to Jon Kabat-Zinn, widely credited with bringing mindfulness from the East to the West and creator of mindfulness-based stress reduction (MBSR): "Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgementally...in the service of self-understanding and wisdom." This series explores interprofessional mindfulness as a dynamic balance between three complementary pairs: mind and body, causing and allowing, and personal/professional and interpersonal/interprofessional.

## Solo and Social Mindfulness

<u>Mindfulness</u>	<b>Body</b>	<b>Brain</b>	<b>Behavior</b>
<u>Solo Mindfulness</u> (Professional)	<b>Sensation</b>	<b>Story</b>	<b>Style</b>
<u>Social Mindfulness</u> (Interprofessional)	<b>Connection</b>	<b>Conversation</b>	<b>Culture</b>

- This Interprofessional Mindfulness series explores the relationship between our bodies, our brains, and our behavior.
- First, we explore how these dynamics relate on a personal or professional (solo) level, e.g., your bodily sensations influence your stories, which in turn influence your style, which is your habitual behaviors.
- Then, we explore how they relate on an interpersonal or interprofessional (social) level, e.g., our connection influences our conversations which in turn influence our culture, which is our collective behaviors.

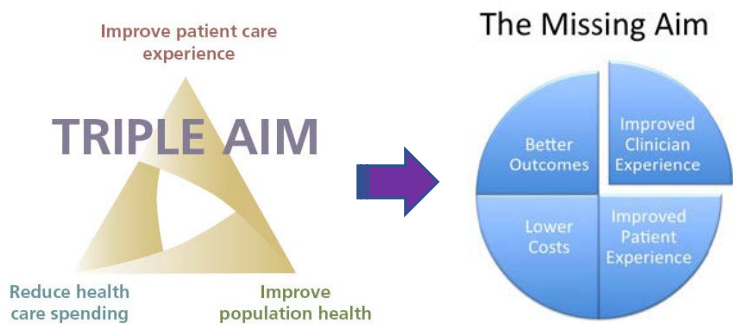
## Interprofessional Mindfulness Zen

	Cause	Allow
<u>1. Values/Ethics</u>	Create safety	Find connection
<u>2. Roles and Responsibilities</u>	Clarify	Experiment
<u>3. Interprofessional Communication</u>	Assert explicitly	Listen tacitly
<u>4. Interprofessional Teamwork</u>	Standardize the science	Autonomize the art

Each domain is viewed as a dynamic balance between causing and allowing, with the aim of addressing these questions:

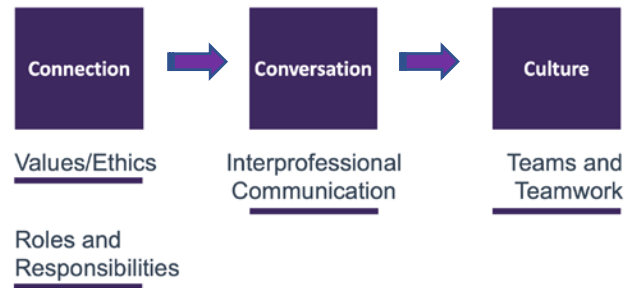
- Domain 1: What is my unique professional and personal contribution to the team?
- Domain 2: Who needs to be involved in order for the best patient outcomes to be achieved?
- Domain 3: How can I facilitate the optimum functioning of the team and the best client outcomes?
- Domain 4: How can we work together to achieve those outcomes efficiently and effectively?

## Mindfulness for Healthcare



The IHI Triple Aim is a framework developed by the Institute for Healthcare Improvement that describes an approach to optimizing health system performance. It is IHI's belief that new designs must be developed to simultaneously pursue the three dimensions depicted in the left image above. Various healthcare stakeholders advocate for a fourth aim: improved clinician experience. We argue that mindfulness and related contemplative practices are a key lever in delivering on the Quadruple Aim. According to Dan Harris, crater of the podcast, Ten Percent Happier, meditation and mindfulness is the next great public health revolution.

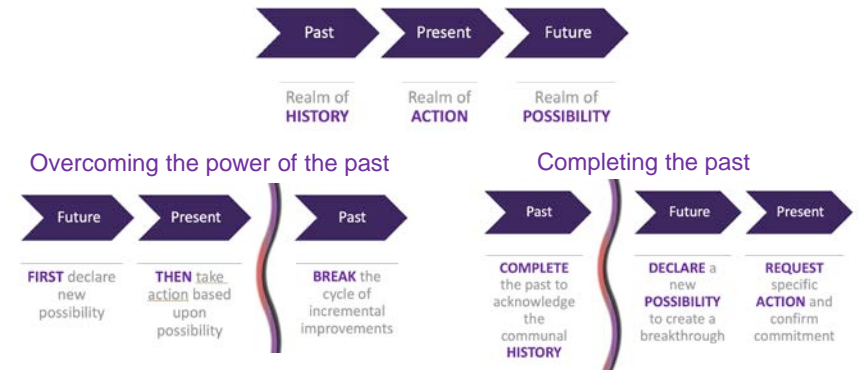
## Interprofessional Mindfulness



The Interprofessional Education Collaborative (IPEC) has established an interprofessional competency model. The four competency domains align well with the mindfulness model. Separate sessions within this Interprofessional Mindfulness series address each of the four competency domains.

- The first two domains (Values/Ethics and Roles and Responsibilities) align with connection.
- The third domain (Communication) aligns with conversation.
- The fourth domain (Teamwork) aligns with culture.

## Communication Domain Example



For the third domain, Interprofessional Communication, we explored how a team can bring mindful awareness to their conversations. Most conversations tend to dwell on the past. Sometimes, the team needs to **overcome the power of the past**, in order to break the cycle of incremental improvements on the way to a breakthrough. Other times, the team needs to **complete the past** before moving on to a future vision and present actions. Through mindful practices, interprofessional teams can learn when it is appropriate to use specific methods for specific situations.