

Mindfulness, are you mindful enough? A case study

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BACKGROUND

Mindfulness is “the awareness that emerges through paying attention on purpose, in the present moment, and nonjudgmentally to the unfolding of experience moment by moment” (Kabat-Zinn, 2003).

PURPOSE

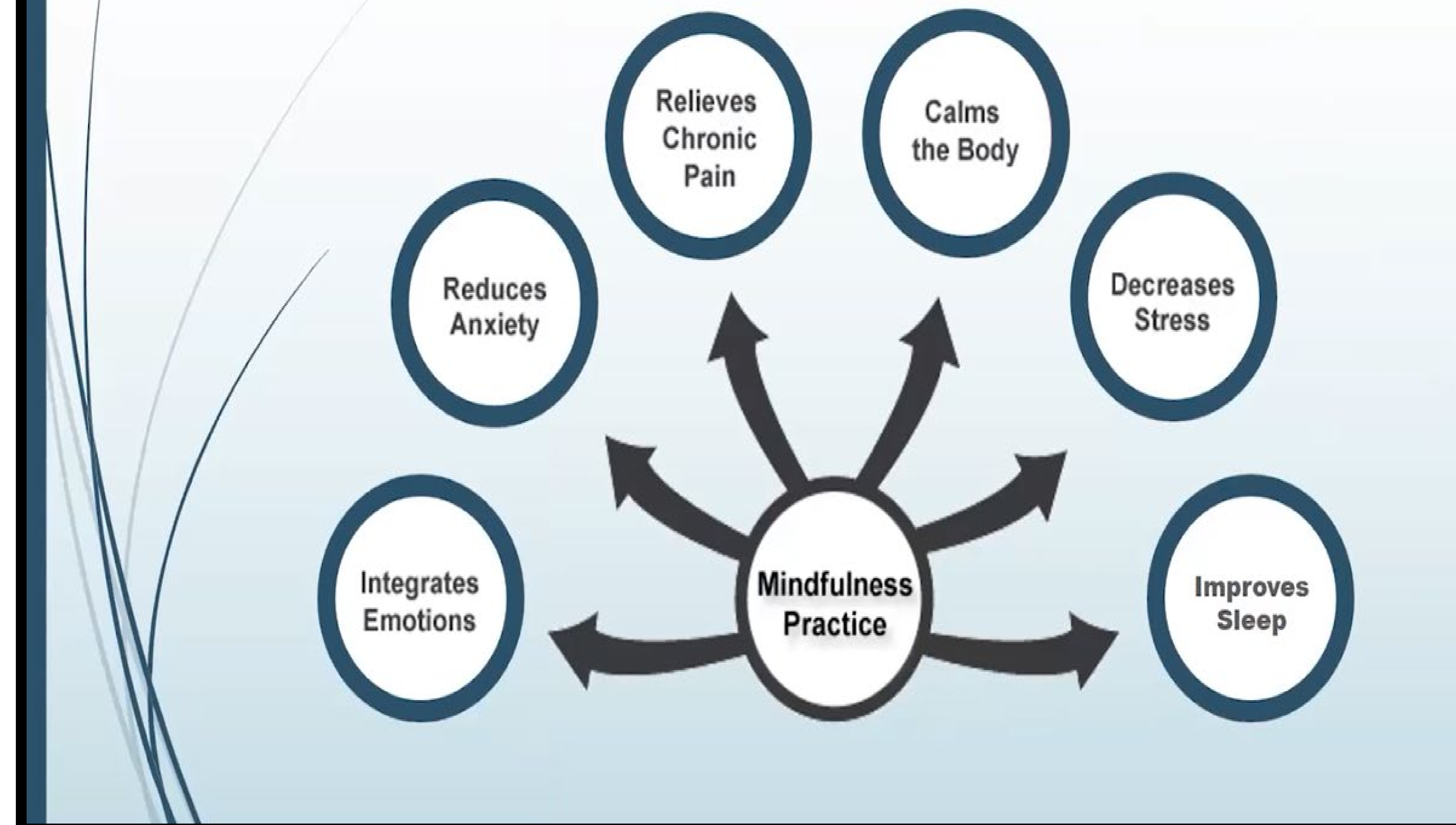
Mindfulness-based interventions are often used *in* health care to help patients address pain, stress, and anxiety and *target* additional health, wellness, and quality-of-life outcomes. The Occupational and Physical Therapy Department identified this tool in managing our behaviorally challenged patients.

METHODS

Using a case study in the Lion’s Burn Unit at the University of Medical Center



Mindfulness – The Benefits



Case Study:

This is a middle aged male involved in a tent fire who sustained multiple burns. Per EMS, the Total Body Surface Area burn (TBSA) was ~50%. He was put on a backboard and a non-rebreather oxygen mask. O2 could not be obtained due to burns but was otherwise hemodynamically stable. The patient had a GCS of 15. He has a history (+) of schizophrenia: no meds, allergies, past surgeries, or drugs/ETOH. The patient is homeless.

The patient’s Initial response to therapy intervention included refusal to participate in therapy, aggressive behavior, and verbal abuse towards staff. The patient had decreased insight into his condition, negative emotions, and a lack of motivation.

RESULTS

The patient successfully achieved his goals through tailored therapy sessions. He participated in various activities and therapy sessions, reduced his anxiety levels, increased his awareness of bodily sensations such as reducing pain, and adopted a non-judgmental perspective. This was achieved by present-moment awareness, meditation, and deep breathing exercises.

CONCLUSIONS

Mindfulness can encourage complex patients (behavioral and cognitive challenge) to participate in therapy services, increase compliance with medical interventions, decrease length of stay, decrease physical and pharmacological restraints, and increase positive self-awareness.

REFERENCES

Reference available upon request

