

Background

- Children engaging in mindfulness based activities have shown improvements in emotional regulation, attention, and decreased levels of stress.
- Pilot studies of pediatric residents participating in mindfulness based interventions have shown decreases in their levels of stress, which may directly impact the quality of patient care.
- However, there have been no previous reports of pediatric resident training in brief mindfulness-based interventions to use with pediatric patients.

Objectives

- (1) Determine the frequency of pediatric resident training regarding mindfulness/stress reduction techniques to use with patients.
- (2) Assess pediatric resident interest in learning and implementing brief mindfulness techniques with pediatric patients.
- (3) Determine the frequency of pediatric resident education in additional behavioral health interventions available for patients.
- (4) Assess pediatric resident confidence in making referrals for behavioral health interventions when appropriate.

Take a Deep Breath: Assessing Pediatric Resident Interest in Learning Mindfulness Strategies to Use with Pediatric Patients Sonia Monteiro, MD¹; Jennifer Cervantes, LMSW¹; Dinah Godwin, LCSW¹; Kathryn K. Ostermaier, MD¹; Robert Voigt, MD¹

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Methods

• An 8-item Likert scale survey was completed in June of 2019 by 28 pediatric residents. Descriptive statistics are reported.

Results

- A total of 28 residents completed the survey.
- A majority (64%) of residents reported receiving instruction in using mindfulness/stress reduction strategies for themselves during either medical school or residency.
- Only 18% (n=5) reported receiving any education on mindfulness techniques to use with patients; 57% (n = 16) reported receiving instruction on behavioral health interventions available to patients and families.
- Almost all residents (96%, n = 27 of 28) strongly agreed or agreed that they would be interested in learning and using brief mindfulness techniques with their patients.
- 89% would feel more confident referring for other behavioral health interventions if they received clear criteria and guidelines for making referrals.



Results (continued)



When I encounter a child who is upset or stressed I have strategies I use to help calm them down





I have received instruction regarding types of **Behavioral Health Interventions available to** patients and their families



Conclusions

- Although pediatric residents have some exposure to mindfulness/stress reduction techniques for themselves, most have not had any instruction on strategies to use with pediatric patients.
- Almost all of the residents surveyed would be interested in learning brief techniques to use and many would benefit from education on guidelines for behavioral health intervention referral when appropriate.
- Given this strong interest in mindfulness based strategies, our next steps will be to implement a novel educational intervention for pediatric residents during their Developmental Pediatrics rotation, which will include opportunities to engage in mindfulness based activities with patients.