



Integrative Medicine: Special Focus on Mindfulness Based Stress Reduction for Patients with Chronic Lung Disease

April 22, 2016

American Lung Association Lung Expo

Ni-Cheng Liang, MD

Medical Director, Pulmonary Services

UCSD Center for Pulmonary and Sleep Medicine

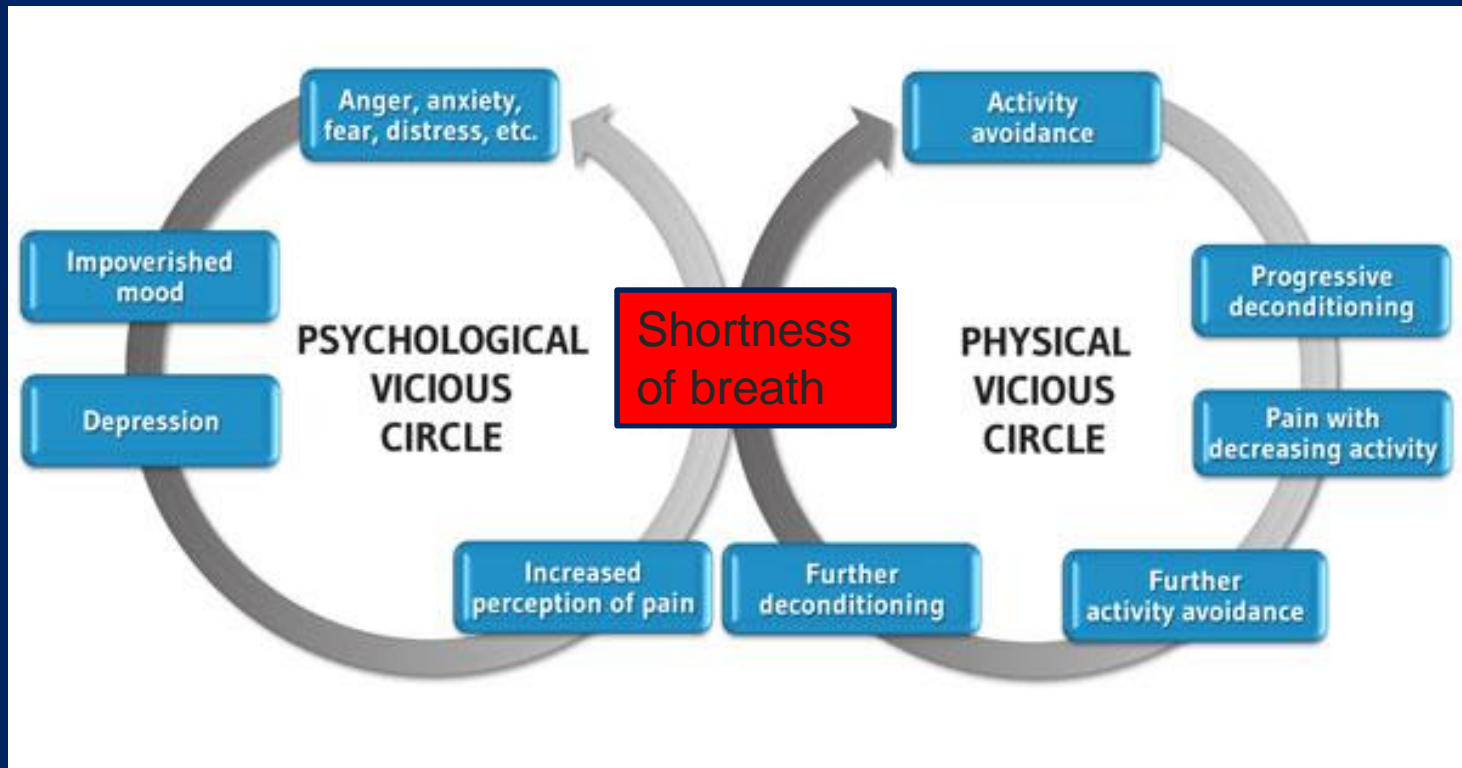
UC San Diego
HEALTH SCIENCES

Disclosures

- Astra-Zeneca- sub-investigator
- California District Attorney's Office- consultant
- Medical Education Speakers Network

Outline

- Background
 - COPD, more than the lungs
 - Mindfulness Based Stress Reduction
 - Definitions
 - Use in patients with chronic lung disease
- Mindfulness Exercises
 - Mindful Breath
 - Sharing/Deeply Listening Exercise
- Summary
- Resources



Adapted from Cooper, Booker and Spanswick, 2003

Image from: <http://www.backrelief.ca/understanding-back-pain/types-back-pain/chronic/chronic-pain-cycle>

Women with COPD

- Underrepresentation in large COPD studies
- Increased severity of airway inflammation with increased reactivity of airways
- More short of breath at similar levels of decreases in lung function
- Twice the prevalence of depression and anxiety than men with COPD



Fleeing Syria / Peyton Power / Steve McQueen

TIME



THE
MINDFUL
REVOLUTION

The science of finding focus in a stressed-out, multitasking culture
BY SUZIE HUBERT

Google

BEFORE



UC San Diego
HEALTH SCIENCES

What is Mindfulness?

Moment-to-moment...

... non-judgmental...

... awareness.

“...paying attention in a particular way:
on purpose, in the present moment,
and non-judgmentally.”

—*Jon Kabat-Zinn*

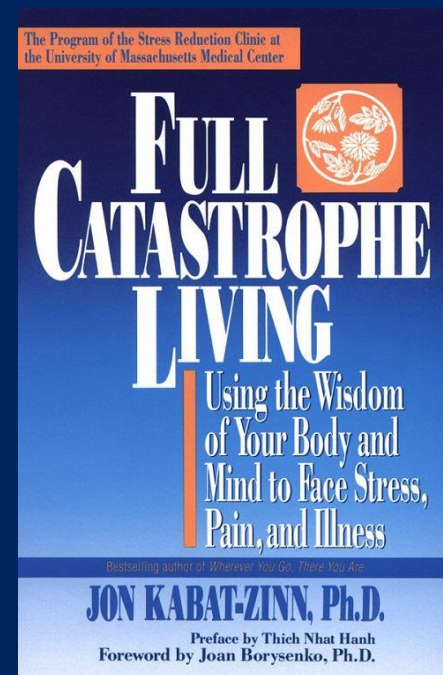
Practicing Mindfulness



“If your attention wanders a hundred times, simply bring it back a hundred times.” **UC San Diego**
HEALTH SCIENCES

Mindfulness-Based Stress Reduction (MBSR)

- Developed and implemented at the University of Massachusetts Medical Center over the past 30 years by Jon Kabat-Zinn, Ph.D. for chronic pain
- Rooted in 2,500-year-old Buddhist traditions
- Outlined in *Full Catastrophe Living* by Jon Kabat-Zinn, Ph.D.
- Thousands of patients have completed MBSR programs across the country in >200 centers



The Practice of Mindfulness-Based Stress Reduction

- An 8-Week Program of . . .
 - Weekly classes for 2-2.5 hours
 - Meditation
 - Guided Relaxation
 - Gentle Yoga/Stretching
 - Group support/discussion
 - 1 day 6 hour session
 - Daily practice of 45 to 60 minutes



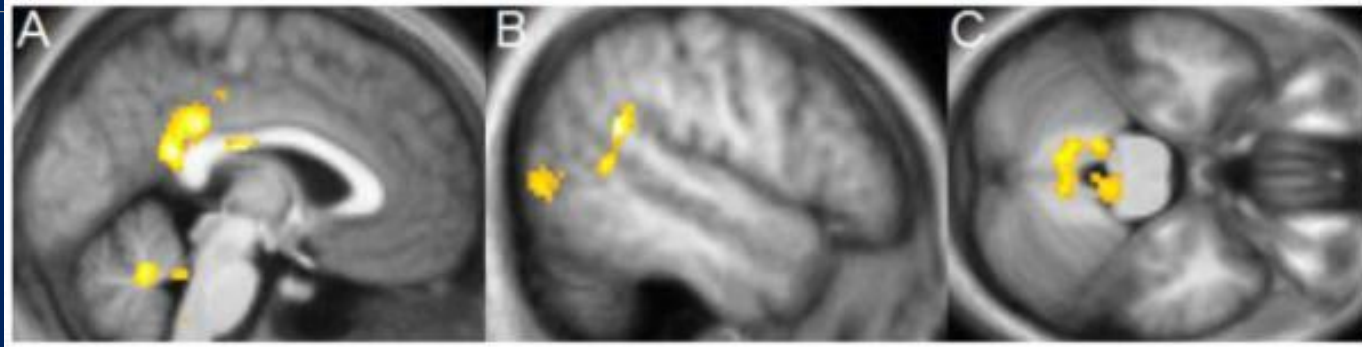
Mindfulness and Lung Disease

- Negative study in a mostly male veteran population with COPD
- Positive study in patients with asthma
- Positive study in patients with cancer (inclusive of lung)
 - IL-6 and salivary cortisol

MBSR and Medical Conditions

- Pain
- Cancer
- Cardiovascular Disease
- Rheumatoid Arthritis
- Fibromyalgia
- Diabetes
- Chronic Fatigue
- Multiple Sclerosis
- Organ Transplant
- Traumatic Brain Injury
- Psoriasis
- Obesity
- Smoking and other Addiction
- Insomnia
- Premenstrual Symptoms
- Menopause
- Anxiety
- Depression
- Eating Disorders

The brain LITERALLY changes with mindfulness practice!



Increased gray matter:

- Left hippocampus
- Temporo-parietal junction

Compassion
and empathy

Decreased gray matter:

- Amygdala

Fight
or
flight

Hölzel BK, Carmody J, Vangel M, et al. Mindfulness practice leads to increases in regional brain gray matter density. *Psychiatry Res.* 2011; 191(1):36-43.

Rationale

- Mindfulness Based Stress Reduction (MBSR) has been shown to be beneficial in the treatment of chronic diseases, as well as pain, depression, and anxiety
- MBSR may be an effective adjunctive treatment option for shortness of breath, and to reduce pain, symptoms of depression, anxiety, stress and improve quality of life for those with COPD



A serene landscape photograph of a long wooden pier extending from the foreground into a calm lake. The pier is made of weathered wooden planks and has several vertical wooden posts along its length. The water is still, reflecting the colors of the sunset sky, which transitions from a deep blue at the top to a bright orange and yellow near the horizon. In the distance, a range of mountains is visible under the twilight sky. The overall mood is peaceful and contemplative.

Let's try mindfulness!

UC San Diego
HEALTH SCIENCES



Let's Take a Moment...



Sharing and Deeply Listening

Pair up with someone and tell each other a story about a positive experience related to having COPD or a chronic lung disease.

For the storyteller

Tell what happened. In particular, note:

- What (and whose) suffering did you witness?
- How did you *most effectively* address the suffering?
- What was difficult to address?
- When were you *at your best*?
- What thoughts and feelings did you have?
- What did you learn about your positive attributes, capacities and strengths?

For the interviewer

Focus on your partner's experience...

- **Set your intention to:**
 - Express curiosity about your partner's experience
 - Ask questions that aim to deepen understanding
 - Focus on positive attributes
 - Spend most of the time listening
- **Don't:**
 - Interrupt or tell your own story... even if it may seem uncomfortable to wait until your partner is finished
 - Focus on problems

..and be aware of your own responses

- **Set your intention to:**
 - Note what is attracting your attention about the story
 - Observe – but not act on – your urge to comment, interpret, give advice or talk about your own experiences
- **Don't:**
 - Make interpretations
 - Criticize
 - Give advice
 - Talk about yourself

What did you learn from telling your story of surprise or listening to your partner's story of surprise?

Pause and Check In

- What do you notice, having been through this experience?
- How do you see it affecting your own life and work?
- What are your thoughts about embedding mindfulness and mindful practice into your life as a person with chronic lung disease or care giver?
- What are the barriers or challenges?



Mindful Mnemonics

STOP

Stop, Take a Breath, Observe,
Proceed

RAIN

Recognize, Allow, Investigate, Not
Personal

AAA Card

Awareness, Acceptance, Action

Incorporating mindfulness

- Your feet
- Take mindful breaths whenever you feel short of breath, stressed, or overwhelmed
- UCSD Center for Mindfulness website:
 - Take the entire MBSR course
 - Consider trying some of the guided meditations free on the website on your own
 - <http://health.ucsd.edu/specialties/mindfulness/programs/mbsr/Pages/audio.aspx>
- Meditation Apps
 - <https://www.headspace.com/>
 - <https://insighttimer.com/>
- Try mindful listening

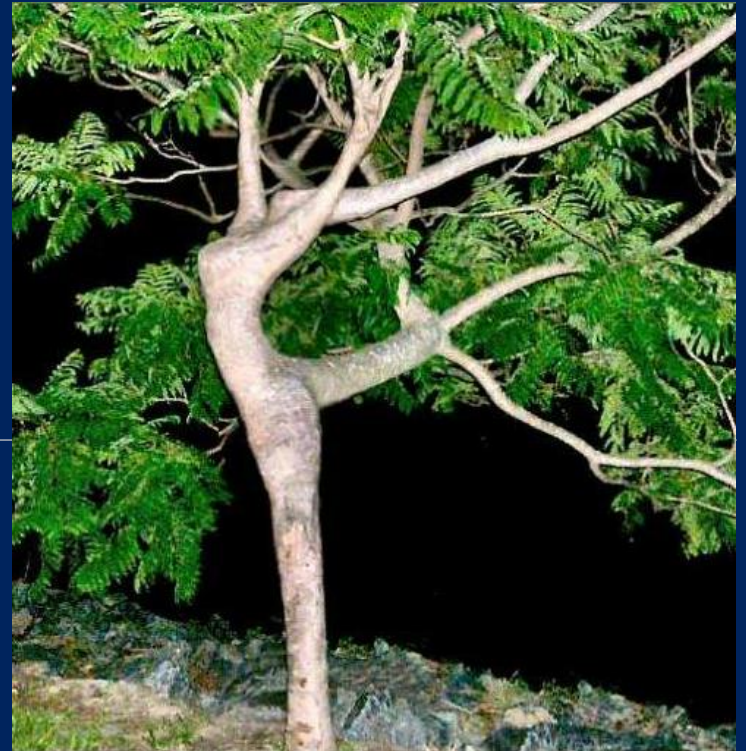
Thank you for your attention!

Questions?

How to reach me:

Ni-Cheng Liang, MD

855-355-5864 (LUNG)



UC San Diego
HEALTH SCIENCES