12 Minute Meditation Practice for Clinician Wellbeing

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Healthcare Provider burnout rates are at all-time highs. There is a constant demand for provider’s time, energy and attention. This can lead to high levels of stress, decreased quality of life can suffer, decreased job satisfaction, and quality of patient care can suffer including increased errors. This has the potential to decreased patient satisfaction.

The toll of stress on the human system include

- Physical: Hypertension, headaches, fatigue, chronic pain, acid reflux
- Mental: Poor focus, poor concentration, memory problems, addictions, substance abuse
- Emotional: Anxiety, depression, mood swings, insomnia, irritability

There is much time, energy and money are spent on illnesses that are stress-induced or stress-exacerbated. We all would like to have a glass of wine everyday morning as a preparation to reduce stress. However, this is impractical due to hangover and unclear mind. Most of us end up having a glass of wine in the evening. However, the effects are not sustainable and come with a considerable consequence.

In this exhibit there will be demonstration of a 12 minute meditation practice that health care providers can do anywhere anytime. The presenters will have a video presentation of the practice of meditation. This will be followed up with teaching the participants a guided meditation practice which can be accessed via a smart phone application any time of day.

Meditation will work for anyone regardless of his or her religious beliefs or affiliation. Just as a hammer is a tool that works the same way for everyone regardless of what a person believes-so does meditation. A recent review and meta-analysis of 12 studies involving 1034 participants showed that stress, anxiety and burnout in physicians and medical students were significantly reduced. (Journal of Nervous and Mental Disease, May 2014).