

# Providing mindfulness meditation skills to patients with end stage kidney disease- an overview of best practice.

Dr Clare Mc Veigh RN

Lecturer (Education)

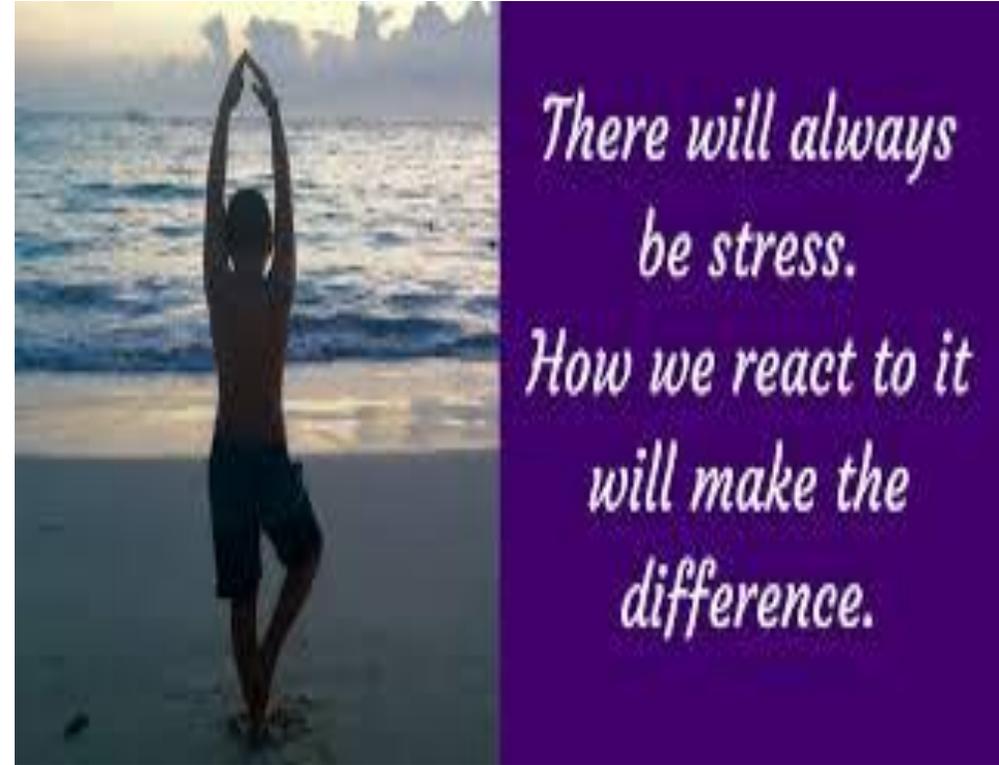
[Clare.mcveigh@qub.ac.uk](mailto:Clare.mcveigh@qub.ac.uk)



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# Mindfulness – What's it all about?

- Internationally, it is recognised that mindfulness training can positively impact holistic wellbeing. <sup>1,2,3</sup>
- Mindfulness has been described as being able to give uninterrupted attention, in a non-judgemental manner and without reproach. <sup>4</sup>
- More attitude to the present



# Patients with ESKD

- Growing interest in the use of alternative therapies to aid patients with ESKD in decreasing symptom burden
- Mindfulness meditation is a Mind-body intervention that can reduce stress and anxiety
- Positive visualisation and breathing exercises
- Aids the mind in adapting to the body's physical symptoms through mechanisms of the parasympathetic nervous system and reducing stress hormone levels. <sup>5</sup>

# Growing internationally

- Study in India, participants were asked whether they would be interested in trying meditation; 75% reported interest in learning mind-body practices during maintenance haemodialysis. <sup>6</sup>
- A study conducted in a chronic kidney disease and transplant pain clinic in the USA highlighted that 39% of respondents reported interest in attending a 10-day meditation retreat. <sup>7</sup>
- Recent studies in Turkey have found 46% - 57% of patients receiving haemodialysis use mind-body techniques. <sup>8,9</sup>

# Results for patients with ESKD

- 8 week Mindfulness Based Stress Reduction (MBSR) programme delivered via telephone in the USA for patients with ESKD ↑ QOL<sup>10,11</sup> and ↓ depression, ↓ Stress, ↓ anxiety and ↓ sleep problems<sup>11</sup>
- Mindfulness based psychotherapy for patients with ESKD receiving haemodialysis in Iran ↓ Stress<sup>12</sup>
- Mindful breathing for 1 hour, 2 times a week, over 12 weeks for patients with ESKD receiving haemodialysis in Korea ↓ Stress ↓ sleep problems ↑ Self Esteem<sup>13</sup>
- Mindfulness meditation has also been found to lower blood pressure in African-American males with Stage 3 CKD<sup>14</sup>

# Summary

- Mindfulness meditative practices are an effective way to help manage the holistic symptom need of patients with ESKD.
- Previous research has demonstrated that engaging this clinical population in the practice of mindfulness meditation can have a positive effect on quality of life and psychosocial symptoms such as anxiety, stress, depression and insomnia.
- Mindfulness may also influence the patient's physiological condition through blood pressure reduction.
- Implementation methods vary and include interventions such as face to face yoga sessions, or telephone mindfulness meditation workshops.
- However, further interventional research is needed to identify how these practices could be optimally implemented with this population.

# Questions?



Think, think, think.

Email: [clare.mcveigh@qub.ac.uk](mailto:clare.mcveigh@qub.ac.uk)

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