

MPPDA National Meeting 2017

Stress Reduction Techniques for Physician and Resident Wellness

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Learning Objectives

- Become aware of the signs of stress in yourself and peers
- Describe the benefits of stress reduction
- Demonstrate several stress reduction techniques



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Stress

- What are the signs of **stress**?
- What are the signs of burnout?
- What are the signs of substance abuse?



Resident (and Attending) Wellness

- What is wellness?
 - Physical
 - Psychologic
 - Emotional
- How do we measure it?
- Is it only work/life balance?

- Now required that we evaluate these by ACGME
 - policies and programs that encourage optimal resident and faculty member well-being
 - must educate faculty members and residents in identification of the symptoms of burnout, depression, and substance abuse, including means to assist those who experience these conditions



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Relaxation Techniques

- Meditation
- Autogenic Training
- Deep Breathing
- Progressive Relaxation
- Guided Imagery
- Self-Hypnosis
- Biofeedback



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Conditions Helped by Relaxation Techniques

- Anxiety
- Childbirth
- Depression
- Fibromyalgia
- Headache
- Heart Disease
- HTN
- Insomnia
- IBS
- Nausea
- Nightmares
- Pain
- Smoking Cessation
- TMJ



Meditation

- Focusing attention on a single process to relax
 - Mantra (phrase repeated over and over)
 - Breathing
 - Visualization
 - Part of the body
- Over 20 different types of meditation



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Mindfulness

- Mindfulness (“vipassana”) is a specific type of meditative practice from Theravada Buddhism
- One learns to watch one’s thoughts, feelings and sensations as they arise and pass, without becoming caught up in them
- Think of concentration meditation as sharpening your sword, and mindfulness as the using of the sword.
- This is an advanced technique



Autogenic Training

- Teaches your body to respond to commands that are self-generated
- Learn to gain control of bodily functions you normally do not control such as heart rate and respiratory rate
- It is a form of hypnosis



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Autogenic Training

- *My arms are heavy. My left arm is heavy. My right arm is heavy. Both of my arms are heavy*
- *My legs are heavy. My left leg is heavy. My right arm is heavy. Both of my arms are heavy*
- *My arms are warm. My left arm is warm. My right arm is warm. Both of my arms are warm*
- *My legs are warm. My left leg is warm. My right arm is warm. Both of my arms are warm*
- *My heartbeat is calm and regular*
- *My breathing is calm and regular*
- *My abdomen is warm.*
- *My forehead is cool*



Deep Breathing

- Breathing in and out deeply in a rhythm that is slow and steady
 - Breathe in...2...3...4...pause...2...3...Exhale...2...3...4...5...
- Be careful not to hyperventilate
- Can be part of several different relaxation techniques or can be used alone



Progressive Relaxation

- First tense 1 muscle group as you inhale
 - Hold it tightly tensed for 8-10 sec.
 - Release the muscle group and let it go limp as you exhale
 - Focus on the relaxation for 15 sec
 - Move on to the next muscle group
- Right foot, then right lower leg and foot, then entire right leg
 - Same process for Left leg
 - Right hand, then right forearm and hand, then entire Right arm
 - Same process for left arm
 - Abdomen
 - Chest
 - Neck and shoulders
 - Face



Guided Imagery

- Directed thoughts and suggestions that guide the imagination toward a relaxed, focused state.
- Focus on all sensation (sight, sound, smell, etc.) to picture yourself in the pleasant environment.
- Should be a safe and comfortable place such as the beach or your room as a child or favorite vacation place.



Self-Hypnosis

- Can be used for relaxation or changing behavior such as quitting smoking.
- Start with deep breathing and then focus on reducing the tension in your body until you are in a relaxed state.
- Now you repeat the themes you want to accomplish.
“cigarettes are no longer appealing to me” or “I am successful and positive” or “My back is feeling good.”



Biofeedback

- Using electrical equipment to monitor an automatic body function to train someone to control that function such as breathing, heart rate or muscle tension.
- You can practice relaxation and have direct feedback on the process.
- Usually uses several relaxation exercises during the session.



My Quick Relaxation Combination

- Meditation on breathing
 - Guided relaxation without tensing
 - Imagery
-
- Can complete it as quickly as 5 minutes, but best if 10-15 minutes



Which One to Use?

- Which one is better?
- Should you use more than one?
- How often do you have to use it?
- Is there benefit of doing it more often?



Effect

- Effect sizes for the different treatments (e.g., Progressive Relaxation, EMG Biofeedback, various forms of meditation, etc.) were calculated in a meta analysis.
- Most of the treatments produced similar effect sizes except that Transcendental Meditation had significantly larger effect size ($p < .005$)



Questions



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References

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