

COMPLETE

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Page 1: Mapping mindfulness, empathy and compassion applications at a systems level across Australia

Q1

PROJECT TITLE Short title for your project

Mindful self care programs for health care professionals

Q2

ORGANISATION Who are you? List the name of your company/school/hospital/NGO/government department/professional association/legal firm/etc.

Mindful Self Care Programs
Private Practice of Dr Maura Kenny, FRANZCP

Q3

DESCRIPTION & URL LINK What are you doing? Outline the aims and scope of your project, program or activity. Include URL link for more information.

Mindful Self Care Programs were established in Adelaide in 2008 by Dr Maura Kenny with a view to offering health professionals the opportunity to undertake mindfulness courses that were applicable to managing stress in their workplace. Recognising that many health care staff are both tired and time poor, she developed a 6 week Introduction to Mindfulness course to provide of a taste of what was possible with this approach. Shorter practices and exercises are taught that can be woven into even the busiest of lives, and which open up some space to live more easily, to breathe more freely, and to renew one's energy, productivity and enjoyment of a life in the health care profession.

Courses for junior doctors are run through The Queen Elizabeth Hospital Clinical Education Centre and courses for senior doctors and health care staff via the Central Adelaide Local Health Network
<http://www.mindfulscp.com/>

Q4

SUCCESS MEASURE How will you measure success? Describe the outcomes, value, or effectiveness of the project or activity. For example, changes in:- levels of bullying;- levels of medical errors;- organisational culture & practice; etc

Data has already been collected and analysed on 80 health care professionals who have undertaken the 6 week course which demonstrated statistically significant reductions in stress and increases in levels of self compassion. Further qualitative and quantitative analyses in different hospital settings are also underway. Overall attendance and retention rates are high and the feedback is of

Q5

LIMITATIONSAny limitations? Provide details of any limitations in the activity, program or project. For example:- didn't seem to apply in particular circumstances;- a pilot project with limited reach; etc

Current research findings are from pre-post measure analyses without a control group so more sophisticated research methodology is warranted for different groups of health care professionals and in different specialities and settings

Q6

RESEARCH & KNOWLEDGE TRANSFERDo you have research support? List any links to universities/NGOs/ Thought Leadership companies designing, researching or evaluating this activity or project.Is your activity funded through a research grant?Will your project be written up in a journal/book chapter or presented at a conference?

Some research support, not funded currently. Linked in with the public health system in South Australia and the University of Adelaide. Findings have been presented at a range of keynotes, workshops and masterclasses in Australia and the UK

Q7

COLLABORATION & PARTNERSHIP REQUESTSHow can the Network support you? Are you seeking any alliances, research partnerships? For example:- find others working in the area that could offer a larger research investigation or analysis sample;- put out a call to share information in similar sectors/ situations for comparisons or comparative data;- request design, evaluation support for the activity, program, project.

MFN is already helping by allowing us to map what is happening in SA enabling collaboration and networking with similar work in other states. It is important that this translates into policy and curriculum development in Australian medical schools, post graduate Colleges and allied health training settings

Q8

IDEAS & INNOVATIONSDoes your project raise issues that Network members could assist with, or take up? Identify the spin-off questions that this activity or project is raising – for others to respond to, or take up – to engender wider discussions.As patterns across organisations start to emerge, and the Network develops, suggest new design elements to facilitate more pro-active innovations and collaborations.

Evidence-based mindfulness courses adapted for different workplaces, professions and communities is the future challenge for Australia. This approach is moving rapidly from its original application to stress management and other clinical conditions through to its potential as a community health and well being initiative. This will be explored further at the forthcoming Open State festival in October 2017 in SA.

Q9

CONTACTWho is the contact person? Offer a name from the organisation for people to directly speak to, or email.

Dr Maura Kenny
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