



## Mindfulness and compassion training for clinicians: a qualitative study

Clémence Brun, Alexis Akinyemi, Laurène Houtin, Claire Mizzi, Thierry Cardoso, Corinne Isnard Bagnis

### ► To cite this version:

Clémence Brun, Alexis Akinyemi, Laurène Houtin, Claire Mizzi, Thierry Cardoso, et al.. Mindfulness and compassion training for clinicians: a qualitative study. World Congress of Nephrology 2021 (WCN'21), International Society of Nephrology (ISN), Apr 2021, Montréal, Canada. halshs-03844890

**HAL Id: halshs-03844890**

**<https://shs.hal.science/halshs-03844890>**

Submitted on 9 Nov 2022

**HAL** is a multi-disciplinary open access archive for the deposit and dissemination of scientific research documents, whether they are published or not. The documents may come from teaching and research institutions in France or abroad, or from public or private research centers.

L'archive ouverte pluridisciplinaire **HAL**, est destinée au dépôt et à la diffusion de documents scientifiques de niveau recherche, publiés ou non, émanant des établissements d'enseignement et de recherche français ou étrangers, des laboratoires publics ou privés.

## Mindfulness and compassion training for clinicians: a qualitative study

C. Brun<sup>1,2</sup>, A. Akinyemi<sup>2</sup>, L. Houtin<sup>2</sup>, C. Mizzi<sup>3</sup>, T. Cardoso<sup>4</sup>, C. Isnard Bagnis<sup>3</sup>

<sup>1</sup>Université Grenoble Alpes, France

<sup>2</sup>AD-HOC Lab, France

<sup>3</sup>APHP Sorbonne University, France

<sup>4</sup>Santé Publique France, France

### Background:

Encouraging caregivers to develop a patient-centred care relationship has beneficial effects for both patients and caregivers (Dobkin, 2016). The literature suggests that caregivers' compassion and self-compassion can be increased with the practice of mindfulness, more particularly through caregiving-focused mindfulness training programs. We hypothesized that a mindfulness training program specifically focused on situations that are relevant for caregivers could improve patient-caregiver relationships, and the care provided by the latter.

### Methods:

We conducted 10 interviews with caregivers who had completed a mindfulness compassion-based program, the MB CARE program. Our goal was to evaluate the impact of the MB CARE training, through the study of the capacity of caregivers to mobilise its methods in their daily practice. We used King's template analysis method.

### Findings:

Our content analysis showed that the training seemed to have had a positive impact on the ability of caregivers to feel compassion toward their patients and themselves. Caregivers showed more caring listening. The program also appears to have enhanced participants' ability to recognize the presence of their emotions. Those were better accepted, especially negative ones. Participants also seemed to be able to change their perspective, especially in order to understand their patients. Overall, participants were now able to accept more sympathetically the difficult experiences they might encounter in the workplace, or those reported by their patients.

### Discussion:

Future studies should assess if professional mindfulness and compassion training programs could effectively be operational levers for institutions aiming to foster a more compassionate caregiver-patient relationship and improve care global efficiency.