

Flex Week Proposal: Mindfulness in Medicine

Title	Mindfulness in Medicine	
Submitting Team	Livianna Myklebust, myklebust.livianna@medstudent.pitt.edu Helena Oft, oft.helena@medstudent.pitt.edu Chiazam Omenyi, omenyi.chiazam@medstudent.pitt.edu Adoma Boateng, boateng.adoma@medstudent.pitt.edu Dr. Suzanne Templer, templersj@upmc.edu Dr. Antoine Douaihy, douaihya@upmc.edu	
Experience Category	Clinical shadowing Research-related Community Service	Professional Enrichment Courses (PECs) Professional Development Wellness
	Other:	
Goal	To enhance students' wellbeing and resilience in stressful environments. We want to educate students in a variety of mindfulness tools and techniques, to ground service activities in mindfulness, and to center mindfulness in patient interviewing. The skills, techniques, and modeled approaches introduced in this flex week will <u>facilitate lifelong wellbeing in medicine, improve sense of connection to community and service, and improve patient interviewing skills.</u>	
Brief Description	Students will gain in-person and hands on exposure to a variety of mindfulness techniques with three foci: mindfulness in self (e.g. meditation practice, yoga, mindful journaling), mindfulness in community (e.g. cooking, gardening/service, and a guided Phipps Tour), and mindfulness in physician practice (e.g. motivational interviewing, dealing with trauma). We will have fun, get our hands dirty, eat good food and have open conversations about barriers to mindfulness in medicine. Participants will also get the opportunity to develop their own ideas on how to combat these barriers and enhance the wellness environment at UPitt.	
Organizer	Livianna Myklebust myklebust.livianna@medstudent.pitt.edu MD/PhD Candidate Helena Oft oft.helena@medstudent.pitt.edu MD/PhD Candidate, Center for Neuroscience	
Admin Coordinator (contact info)	Suzanne Templer, DO Assistant Dean for Student Affairs, Director of Coaching Services templersj@upmc.edu	
Department	Student Affairs, Medical Education, and the Wellbeing Committee	

Capacity (# students)	6
Location	Scaife Hall Mezzanine floor for mindfulness in physician practice activities. Specific sites will vary and include Phipps Conservatory, community gardens, OpenUp Yoga space and more.
Reporting Info	Scaife Lobby

Offerings:

Flex week #	Week of the curriculum	Start Date (Mon)	End Date (Fri)	Available?
1	5	Tue 9/5/23	9/8/23	
2	12	Mon PM 10/23/23	10/27/23	yes
3	26	1/29/24	2/2/24	
4	30	2/26/24	3/1/24	Yes
5	59	9/16/24	9/20/24	

Proposed Flex Week Schedule (see next page for selectable table):

Mindfulness in Medicine					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00					
10:00		Community Care: Mindful Gardening 10 AM-12 PM		Intersectional Yoga Practice 10-11:30 AM	Tea Meditation 10:00 AM
11:00	Introduction and Mindfulness Journaling 11 AM-12:30 PM		Breath Meditation w/ Art of Living 11-12 PM		Motivational Interviewing Practice w/ Standardized Patients 10:30-2 PM
12:00		Meditation w/ Altruism in Medicine 1-2 PM	Introduction to Motivational Interviewing w/ Dr. Antoine Douaihy 12-1:30 PM	Lunch/Hypnosis Medicine Talk 12-1:30 PM	
1:00	Phipps Conservatory: Plants in Medicine Guided Tour And Forrest Bathing 1-3:30 PM				
2:00		Mindfulness as a Physician w/ Barry Kerzin: Breaking Barriers to Wellbeing proposals 2-4:30 PM	Self and Community Care Cooking: Making a meal together w/ 412 Food Project Chefs 2 PM-6 PM	Motivational Interviewing Practice w/ peers 2-4 PM	Mindfulness with Art And Concluding Thoughts 2-5 PM
3:00		Gratitude Exercise 4:30 -4:45 PM			
4:00					
5:00					

* Mindfulness in Community
* Mindfulness in Physician Practice
* Mindfulness in Self (asynchronous/Zoom Option)
** AntiRacism in Yoga w/ Yoga Roots OR Centering People Living with Disabilities in Mindfulness w/ Open Up