

Integrating Mindfulness Meditation into Inpatient Rehabilitation for Patients with Devastating Neurological Damage

PRESENTER: Stephen Orr

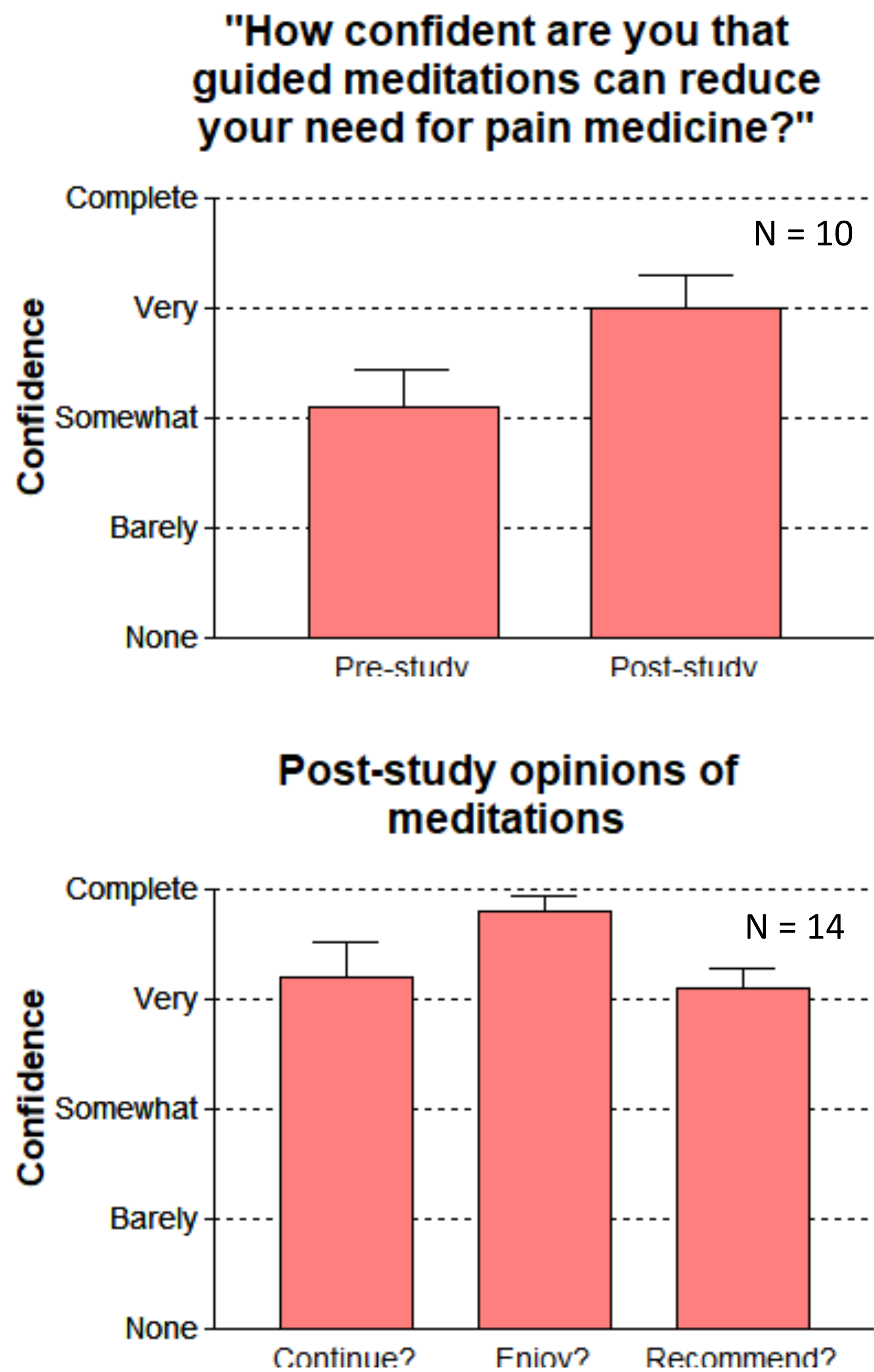
INTRO:

- Mindfulness meditation is the practice of focusing on your experiences (like your emotions, thoughts, and sensations) in the present moment.
- Online mindfulness training has been shown to improve attentional processing in traumatic brain injury patients.

METHODS:

1. Study population: Patients in inpatient rehab with neurological damage
2. Patient groupings: 1) chronic pain, 2) mood, 3) trouble focusing
3. The free meditation app Insight Timer downloaded onto patients' phones
4. Patients meditate 10 minutes daily for duration of rehab stay

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A free **mindfulness** app downloaded onto patients' **smartphones** can be used to deliver brief daily meditations to those recovering from **neurological damage**. Initial feedback suggests that meditation is a favorable addition to inpatient rehab.



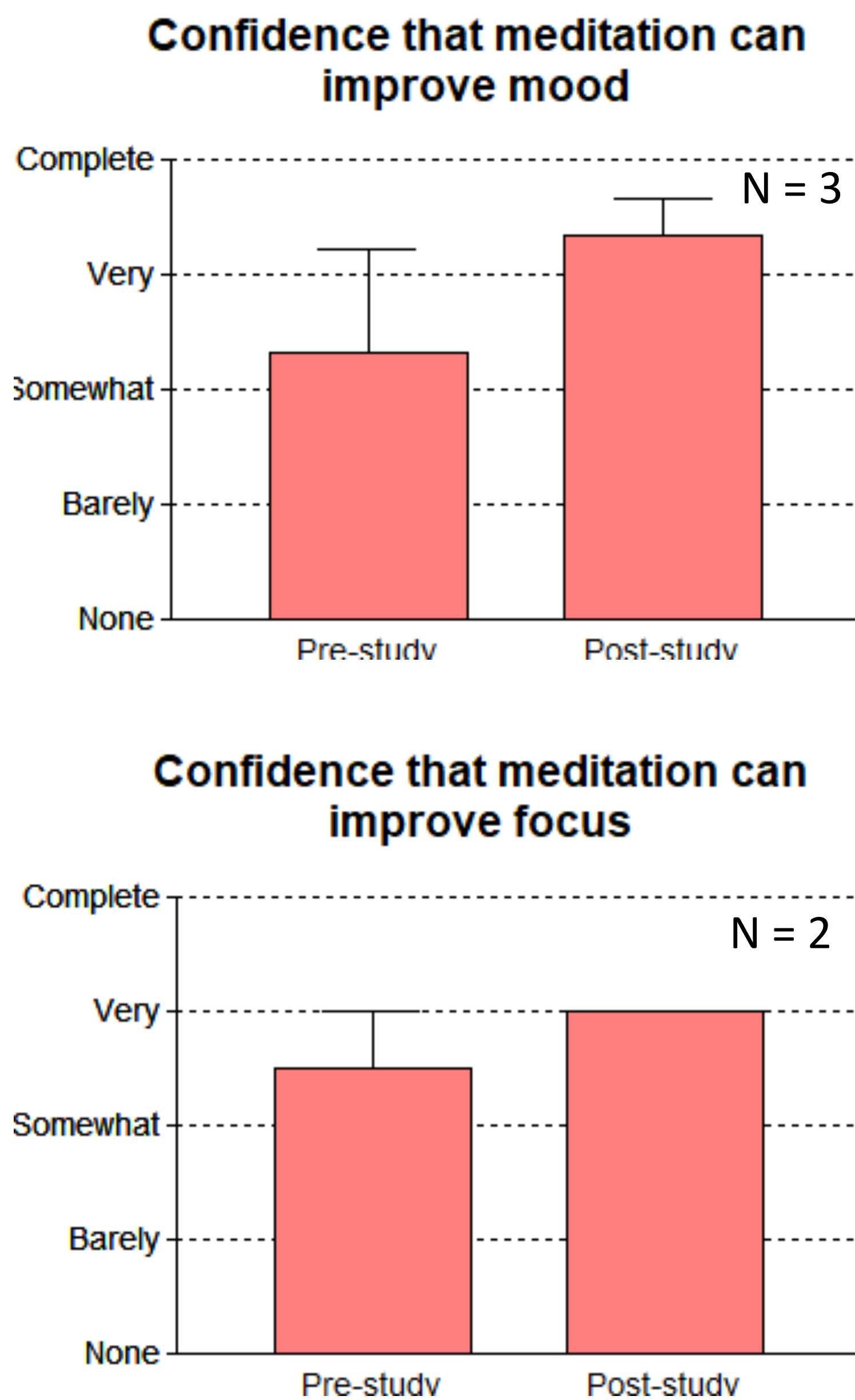
Take a picture to download the mindfulness app!

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ENROLLMENT STATISTICS:

- 15 patients enrolled out of 47 approached
- Of the 32 patients not enrolled:
 - 20 lacked smartphone
 - 6 not interested
 - 2 below cognitive threshold
 - 1 lawyer's decision
- Of the 15 patients enrolled:
 - 9 spinal cord injury, 2 traumatic brain injury, 2 stroke, 2 Guillain-Barre syndrome
 - Chief complaint: 10 pain, 3 mood, 2 focus
 - Average pre-study familiarity with mindfulness meditation was 1.88, corresponding to "barely familiar."

ADDITIONAL RESULTS:



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