Building resilience in survivors of cancer: considering the needs of staff

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Objectives of presentation

• Make the case
• Review evidence on resilience literature
• Example of a wellbeing intervention
• For staff and patients

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“Cancer & its treatment can….result in a wide range of physical & psychological problems that do not recede with time.”

Physical and psychological long-term and late effects of cancer

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Type and severity of impairment related to:
• The length and intensity of treatment
• The tumour type
• The age at treatment
• Income

Cancer, 2008

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Problems can start

- During treatment — *long-term effects*
- After treatment
- Months or years later — *late effects*

And *persist*

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Building resilience

- Haematology in-patients
- People living with breathlessness
- Post ITU

Difficult situations that did not go away or which had long-lasting impact

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How did I get interested in this subject?

MBSR, Mindfulness-Based Stress Reduction

• 8 week course
• 2.5 hours once a week in a group
• one whole day of retreat
• Home-based practice, daily (45 mins)

Jon Kabat-Zinn

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What is mindfulness?

‘a way of paying attention to the present moment... actively, compassionately, non-judgementally...’

Mental health foundation 2010

‘learning to shut down autopilot’

Zaindal et al, 2012
'facilitating a less distressful interpreted experience of physical disorders.....'
Learn:

- To use your five senses fully
- Relaxing body scan
- Mindfulness to breath and body
- Mindfulness to sound
- Mindfulness to movement
- Yoga stretching exercises
• Haematology in-patients
• Palliative care patients
• Breathless patients at home

IMPRACTICAL FOR ACUTELY ILL

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Psychology of resilience (wellbeing)

- Focuses on thriving not morbidity
- Personal resilience can be learned or at least enhanced

Martin Seligman – Authentic Happiness 2002
Felicia Huppert – The Science of Wellbeing 1995

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Well being

1. Engagement

2. Meaning: involvement in something bigger than ourselves

3. Pleasure
A brief self-administered psychological intervention to improve well-being in patients with cancer: results from a feasibility study
Intervention

- 6 week intervention period
- Record of *three* good things that happened in day
- Plan and carry out pleasurable activity each week
- Listen to 10 min ‘body scan’ twice daily

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Trend towards reduced anxiety & depression

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Intervention was

• Highly acceptable
• Carried out faithfully
• Tedious at times as repetitive
Modified and developed into a journal

- CD with more comprehensive MBSR approach
- Space to write down good things in day
- Beautiful images from the Fitzwilliam museum
- Encouraging quotations
- Prompts to use senses for good things
- Prompts to use five ways to wellbeing
- Space for personal happy reminders

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Collaboration with Fitzwilliam museum
Your Well-being Journal complete with 12 Fine Art prints

Carrie Pissaro
Snowy Landscape in Bragny with an Apple Tree

Henri Fantin-Latour
White Cup and Saucer, 1864 – Oil on canvas

Seurat
The Rue, Saint Vincent in Arles in the Spring

Claude Monet
Springtime

Gillies Jones Glass
Im Bowl, 2001 Clear

John Williams Inchbold
Arley's Cove

Philip Stow
Paddling on Welberswick

Sir John Alma-Tadema
94 degrees in the Studio

John Constable
Hampton Heath

Samuel Palmer
The Magic Appletree

Merce Rosas
Blue Twisted Form, 2011

Essie van de Wijde
Winter Landscape

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<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
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<tr>
<td>M</td>
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<tr>
<td>T</td>
<td></td>
</tr>
<tr>
<td>W</td>
<td>Recalling pleasant sound...</td>
</tr>
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<td>T</td>
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</tbody>
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Five ways to wellbeing

Foresight’s Mental Capital and Wellbeing Project has drawn on state-of-the-art research from across the world to consider how to improve everyone’s mental capital and mental wellbeing through life.

Evidence suggests that a small improvement in wellbeing can help to decrease some mental health problems and also help people to flourish.

The Project commissioned the centre for well-being at nef (the new economics foundation) to develop ‘five ways to wellbeing’: a set of evidence-based actions to improve personal wellbeing.
Five ways to wellbeing

Be active...

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and one that suits your level of mobility and fitness.
Five ways to wellbeing

Take notice...

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.
Making the most of ourselves in the 21st century

Five ways to wellbeing

Connect...

Connect with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.
Five ways to wellbeing

Give...

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.
Five ways to wellbeing

Keep learning...

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.
Mental capital throughout life

Foresight Team / new economics foundation

Building resilience as well as treating pathology
Remember the positive

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The efficacy of mindfulness-based stress reduction on the mental health of breast cancer patients: a meta-analysis
Outcomes

“MBSR shows a moderate to large positive effect size on the mental health of breast cancer patients. Further systematic investigation warranted...potential to make a significant improvement in the mental health of women in this group.”

Zaindal, Booth, Huppert et al, Psycho-oncology 2012
HOW?

- Reduces rumination
- Transformation from judgement to compassion
- Do not attach a story to it.
- Choose not to engage with feelings and thoughts

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Over time and with practice people learn the willingness and capacity to be present with their experiences with discernment, curiosity and kindness. They typically report being better able to cope both with their chronic health problems, but also with their lives more generally.
‘Mindfulness-based cognitive therapy (MBCT) encourages participants to change their relationship to thoughts, feelings and body sensations, so that they have an opportunity to discover that these are fleeting events in the mind and the body which they can choose to engage with — or not. That is, repeated practice in noticing, observing with curiosity and compassion, and shifting perspective helps participants to realise that their thoughts, emotions and sensations are just thoughts, emotions and sensations, rather than ‘truth’ or ‘me’.  

*Williams and Kuyken 2012*
Trying out the intervention in healthy people

- Meeting monthly for six months
- Half day
- Two facilitators
- Considering the ‘five ways to wellbeing’
- Learning meditation
- The Wellbeing Journal

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## Evaluation: 7 people for six months

<table>
<thead>
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<th>Topic</th>
<th>Score</th>
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<tr>
<td>Learned facts about how to improve my health</td>
<td>52/70</td>
</tr>
<tr>
<td>Feel more confident about exercising</td>
<td>53/70</td>
</tr>
<tr>
<td>Exercise more regularly since course</td>
<td>53/70</td>
</tr>
<tr>
<td>Understand importance relationships</td>
<td>57/70</td>
</tr>
<tr>
<td>Usefulness of meditation</td>
<td>62/70</td>
</tr>
<tr>
<td>Importance of altruism</td>
<td>56/70</td>
</tr>
<tr>
<td>New activities and learning</td>
<td>56/70</td>
</tr>
</tbody>
</table>

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Comments

“..had not thought about wellbeing before..”
“..six sessions helpful as gave time for participants to adjust to material…”
“..a more positive approach to day to day living…”
“..a boost to exercise…”
“..more positive, more active, more able to let go and just be…”
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Mindfulness
a practical guide to finding peace in a frantic world

"If you want to free yourself from anxiety and stress, then read this book"
Ruby Wax

Mark Williams
and Danny Penman

The life-changing bestseller

Foreword by Jon Kabat-Zinn
Chronicity, different from acute disease

- anxiety reduction
- nutrition
- exercise
- social contacts
- preventing or early treatment of depression
- caring for carers

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Helpful websites

• (Google breathlessness and Cambridge)
• http://www.cuh.org.uk/addenbrookes/services/clinical/breathlessness_intervention_service/breathlessness_index.html
• Bemindfulonline.com
• Oxfordmindfulnesscentre.org
• http://www.exeter-mindfulness-network.org

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