

# ENPOWERING THE MTB THROUGH MINDFULNESS

A pilot project

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# BACKGROUND



Mindfulness is the cognitive skill, usually developed through meditation, of sustaining meta-attentive awareness towards the contents of one's own mind in the present moment.

Numerous studies showed how this practice allows the healthcare worker to increase their well-being and the quality of their work in relation to the patients.

There are several benefits that this practice can bring to healthcare workers:

1. ability to **tune in** to oneself and with others;
2. recognize, manage and reduce **stress**;
3. develop greater **contact with reality**, which is essential when managing emotionally activating situations;
4. reduce professional errors because it promotes **attention** and **concentration**;
5. increase **problem solving skills** and promote effective clinical decisions;
6. access one's **inner resources** in a more conscious way.

# BACKGROUND



Oncologists face several stressful moments during their daily activities.

Beside those related to direct patients management, complex cases discussion in multidisciplinary tumor boards (MTB) can pose new challenges in terms of shared decision making between specialists with completely different backgrounds.

Indeed, problem solving skills and pro-active behaviour are key for creating a positive environment inside the MTB, potentially reducing conflicts.

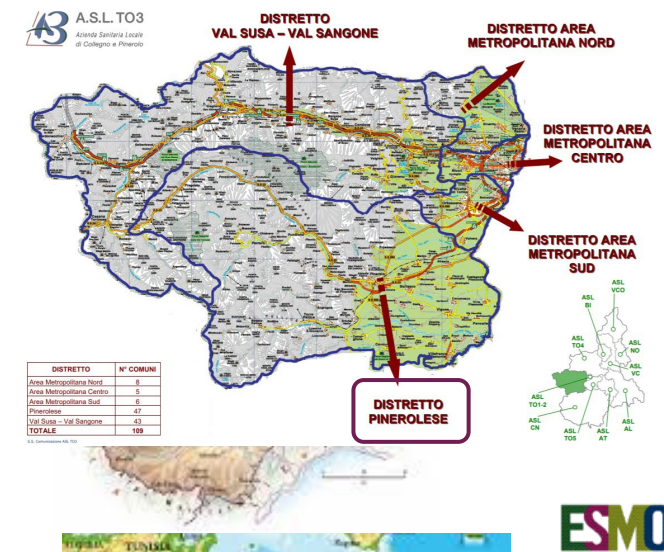
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Our reality: I work in a community hospital in Piedmont (North West of Italy). The area that pertains to our Oncology outpatient clinic (2 sites, Rivoli and Pinerolo Hospitals) includes 106 municipalities and approximately 500,000 total inhabitants.





# PROJECT

The course is an experiential training dedicated to members of the Genito-Urinary MTB members of ASL TO3 Agnelli Hospital (Pinerolo, Italy), including physicians and nurses.

This course will be divided into four meetings, each lasting 2 hours.

Questionnaires (ex. Maslach Burnout Inventory, Brief Resilience Scale) will be collected at baseline, at the end of the course and after 3 months from each participants.

## Course objective

Through learning and practicing mindfulness meditation, participants will acquire useful tools for managing work-related stress, improving their awareness and resilience for personal and professional well-being, promoting a higher quality of life.

At the same time, stress management along with the shared experience of the course is expected to strengthen the MTB members cohesion.

# STRUCTURE OF THE PROJECT



## Course structure

The program includes both a theoretical part, aimed at understanding the basics of mindfulness and the dynamics of professional stress, and moments of meditative practice. The proposed techniques include seated, lying, standing and moving meditations, with the aim of integrating mindfulness into daily work and personal life.

The faculty will be composed by a mindfulness teacher along with a psychologist with specific training.

## Planned activities

At the beginning of the course, the psychologist will help participants in discussing sources of stress during their working activities, with a specific focus on conflicts arising in the MTB.

Participants will have the opportunity to experiment with various mindfulness practices and share their experiences in plenary. In addition, they will receive media files to continue their daily practice independently.

The course is expected to start in Q3 2025.