

MINDFULNESS BASED COGNITIVE THERAPY FOR PATIENTS WITH INTESTINAL FAILURE ON HOME PARENTERAL NUTRITION: A PILOT

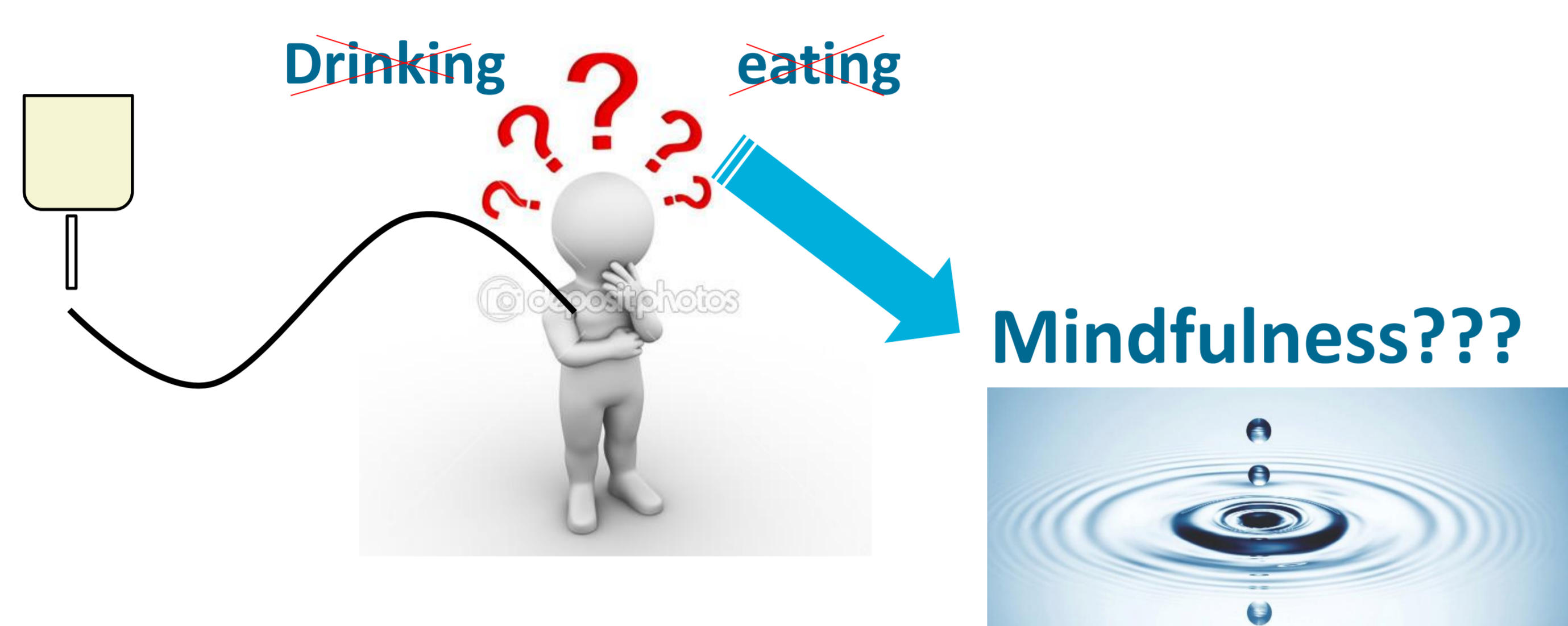
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Introduction



Objective:

Home parenteral nutrition (HPN) is a lifesaving therapy for patients with intestinal failure (IF). Psychosocial problems have the greatest impact on daily life. In This study we explored the feasibility of Mindfulness Therapy to improve psychosocial well-being.

Results

Drop outs due to a lack of completed Questionnaire Short Form health Survey (SF 36) and Five Facet Mindfulness Questionnaire (FFMQ)

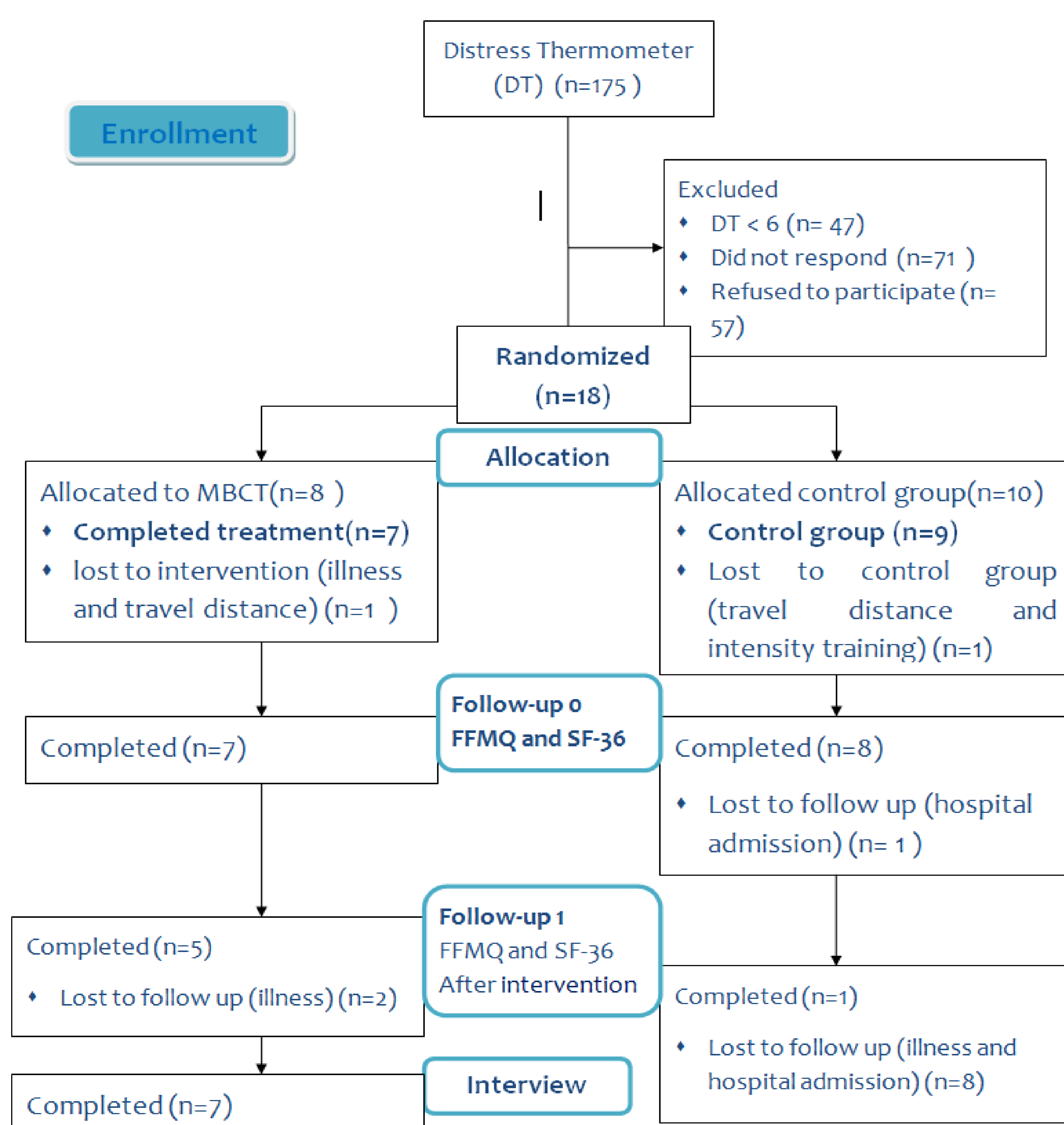
Intervention group (MBCT)	Control group (no MBCT)
38% 3/8	100 % 10/10

Due to: intermittend illness
hospital admission (sepsis)
logistic issues

MBCT Training intervention group (n=7)

1 week training	4 weeks training	8 weeks training	1 week loss of training	2 weeks loss of training
N=1	N=1	N=3	N=1	N=2

Methods



Examples of patients replies

- “The body scan” helps to relax whereby I get peace in my life.
- “The seated mediation “helps to free me from suffering.
- “The awareness of breath meditation “ I can do everywhere.

Conclusion

1. Mindfulness seems to be a promising therapy for psychosocial problems in patients with HPN.
2. Duration and logistics of the Mindfulness course program should be adapted.

