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.

Methods

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

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.