

The effects of mindfulness techniques on the quality of life in cancer patients

Sally Bayasheva, BS, Eden Homrighaus, BS, Anne Jordan, BS
Dr. Andrea Brooks, PhD, RN, PPCNP-BC; Dr. Kelle Huong Phan DNP, RN, NNP-BC; and
Professor Shermel Edwards-Maddox, MSN, RN, CNE, RN-BC

PICOT Question

In cancer patients, what is the effect of mindfulness techniques on quality of life compared with cancer patients who do not practice mindfulness techniques?

- P:** Cancer patients
I: Mindfulness techniques
C: No practice of mindfulness techniques
O: Improved quality of life

Literature Search

- Databases:
 - PubMed, CINAHL
- Key Terms:
 - Cancer patients
 - Mindfulness techniques
 - Quality of life
- Article Criteria:
 - Peer-reviewed journals, published within last 5 years (2016-2021)
- Exclusion Criteria:
 - Published in English
 - Published up to 2021
 - Full text articles
 - Aligns with current studies and research
 - Participants are adults

Synthesis of Findings

- In randomized controlled trials, the use of music and cognitive therapies have improved pain in cancer patients (Johannsen et al., 2017; Wren et al., 2019).
- In cancer patients, the use of the Quality-of-Life questionnaire showed a decrease in anxiety and lower levels of fatigue in randomized studies (Gok Metin et al., 2019, Johannsen et al., 2017, Lundt et al., 2019, Pouy et al., 2018)
- The nonrandomized controlled exploratory study and a Quasi-Experimental Design showed an improved quality of life using the self-administered questionnaire (WHOQOL-BREF) tool to measure the effect of mindfulness techniques on cancer patients ranging from 69-70 participants (Chang et al., 2018; Pouy et al., 2018).
- Studies explored the effects of mindfulness based cognitive therapy, progressive muscle relaxation, along with mindfulness meditation on the pain intensity of patients going through treatment and reporting persistent pain (Gok Metin et al., 2019; Johannsen et al., 2017).

Decision to Change Practice

Problem: There is a problem of increased anxiety, depression, fatigue, and pain within cancer patients undergoing treatment.

Change: We plan to educate patients on the use of mindfulness techniques, such as yoga, guided imagery, music therapy, and meditation in order to improve their overall quality of life. We will also collaborate with social workers to educate and provide cognitive behavioral therapy for interested patients while in treatment.



Evaluation

- Outcomes to change**
 - Increased QOL during cancer treatment using mindfulness-based techniques.
- Measurement of outcomes**
 - Self-reported Questionnaire
- When outcomes are measured**
 - After 8 weeks

References

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Acknowledgements

Thank you to Fred and Mabel R. Parks Foundation, The George Foundation Scholarship, and Dean's fund for providing scholarship funding. We would also like to thank Dr. Andrea Brooks, PhD, RN, PPCNP-BC; Dr. Kelle Huong Phan DNP, RN, NNP-BC; and Professor Shermel Edwards-Maddox, MSN, RN, CNE, RN-BC for their assistance on this poster and guidance through this course.

