

## PHC Facility Engagement Project Progress

<b>Project Name</b>	<b>PHC0059 - Mindfulness-Based Stress Reduction (MBSR) for PHC physicians</b>
<b>Date of Report</b>	April 11 <sup>th</sup> , 2019
<b>Key Milestones Achieved</b>	<ul style="list-style-type: none"> <li>• Information session was held on September 25<sup>th</sup>, 2018</li> <li>• 8 weekly sessions between January 22 – March 12, 2019 each for 2.5 hours</li> <li>• All day sessions held on March 2, 2019 at Sheraton Vancouver Wall Centre</li> </ul>
<b>Key Accomplishments</b>	<ul style="list-style-type: none"> <li>• 5 physicians have attended the Information session in Sept 2018.</li> <li>• 23 Physicians have registered for Physician MBSR Course 2019 for the entire sessions. Frequency of attendance in each session varies. Click <a href="#">Annex 1</a> for the list of attendees.</li> <li>• Positive feedback from the attending physicians</li> </ul>
<b>Key Issues/Challenges</b>	<p><b>Substantial elements:</b></p> <ul style="list-style-type: none"> <li>• Sustaining practice beyond the completion of the program.</li> <li>• Carving out time for oneself, even when one knows its value.</li> <li>• As you can see on the list of attendance (link), It is difficult to have regular attendance of physicians in the weekly session due to clinical duties and personal matters.</li> </ul> <p><b>Project implementation's point of view:</b></p> <ul style="list-style-type: none"> <li>• Logistic challenges: Initially, there was a challenge to deliver food delivery from Burrard Entrance to the MBSR venue at SPH. This issue was quickly facilitated PASS Executive Assistant.</li> <li>• Limited budget to provide food in the 7 weekly sessions. This issue has been covered through an additional funding request made by the project lead (assisted mainly by Rahul as Consultant).</li> </ul>
<b>Budget Update</b>	<p>As of Feb 27, 2019: <b>\$10,520.11</b></p> <p><b>Details:</b></p> <ul style="list-style-type: none"> <li>• Consultant Fee (Information Session + 1<sup>st</sup> Invoice): \$6,945.75</li> <li>• Food &amp; Venue : \$2,861.86</li> <li>• Sessional for physician lead : \$712.50</li> </ul>

## PHC Facility Engagement Final Report

<b>*Project Results</b>	<p>Based on Rahul Gupta's (consultant) analysis:</p> <ul style="list-style-type: none"> <li>As a group, the PSS-10 (Perceived Stress) score came down on average from 18.7 to 14.4, for a reduction of 4.3 points.</li> <li>As a group, the CAMS-R (Cognitive Affective Mindfulness) score went up on average from 25.4 to 28.4, for an increase of 3.0.</li> </ul> <p>Click <a href="#">Annex 2</a> for Consultant's full report.</p>
<b>*Unexpected Outcomes</b>	<p>Request of additional budget of \$1,500 for food after the 1<sup>st</sup> session. Click <a href="#">Annex 3</a> for full details of the request.</p>
<b>*Lessons Learned</b>	<ul style="list-style-type: none"> <li><b>For future MBSR Projects:</b> providing meals every week is valuable, as many physicians arrived straight from work.</li> <li><b>Venue is important:</b> a room with natural light would have been much appreciated.</li> </ul>
<b>*Recommendations for improvement (to inform future projects and strategic decision-making)</b>	<ul style="list-style-type: none"> <li><b>Food for each session:</b> <u>planning maturity of similar project should determine weekly food cost to be included in the project proposal.</u></li> <li>For future similar projects, <b>venue requirements</b> <u>should be laid out clearly in the project planning.</u> Prior identification of the venue by the project lead would be beneficial.</li> </ul>
<b>*Project Costs</b>	<p>As of April 3, 2019: <b>\$16,489.36</b></p> <p>Click <a href="#">Annex 4</a> for expenses details.</p> <p>Consultant fee: \$12,537.00  Food and Venue: \$3,239.86  Sessional for Lead: \$712.50</p>

*\*For Summary (Final) Report Only*

# Physician MBSR Course 2018 Attendance

Name	Jan 22	Jan 29	Feb 5	Feb 12	Feb 19	Feb 26	Mar 2	Mar 5	Mar 12
Karen Arnold	KA	KA	KA	---	KA	KA	---	KA	X
Heather Cherneski	HC	HC	HC	---	HC	HC	HC	HC	HC
Jessica Cheung	JC	JC	JC	JC	JC	JC	JC	JC	JC
Wendy Cook	WC	@	@	@	@	@	@	@	@
Parham Daneshvar	---	PD	PD	PD	PD	PD	PD	PD	PD
Caroline Eberdt	CE	C.E	C.E	C.E	---	C.E	---	C.E	C.E
Vit Gunka	VG	VG	VG	---	VG	VG	---	---	VG
Garth Hunte	GH	GH	GH	---	GH	GH	GH	---	GH
Andy Kestler	AK	AK	AK	AK	AK	AK	AK	AK	AK
Jani Laramée	JL	JL	JL	JL	---	JL	JL	JL	JL
Victor Leung	VL	VL	VL	---	VL	VL	---	---	---
Donna MacLaughlan	---	DM	DM	---	DM	---	---	---	---
Ruth MacRedmond	RM	RM	RM	---	RM	RM	---	RM	RM
Biri Mangat	BM	BM	---	BM	BM	BM	BM	BM	BM
Arun Mehta	---	---	---	---	---	---	---	---	---
Tracey Morris	TM	TM	TM	TM	TM	---	---	TM	---
Robert Moss	RM	RM	---	RM	RM	RM	RM	RM	RM
Camilla Rosé	CR	CR	CR	CR	CR	CR	CR	CR	CR
Frank Scheuermeyer	FS	FS	---	FS	FS	FS	FS	FS	FS
Tracy Scott	TS	TS	TS	TS	---	TS	TS	---	---
Christine Singh	CS	CS	CS	---	CS	CS	---	CS	CS
Christy Sutherland	CS	CS	CS	---	CS	---	---	---	---
Benjamin Wilson	BW	BW	BW	BW	---	BW	BW	BW	BW

# SPH-MBSR Program Evaluation Report

Below are some of the direct comments from participants, written in their program evaluation.

## **Key Milestones & Highlights:**

- All-day program. Connecting with peers.
- The group refreshes my faith in physicians!
- The course pushes me to the forefront of my awareness.
- Difficult family meetings are easier and less stressful for me now.
- This course helped me prioritize wellness overall and assist with more effective communication.
- I learned that there is a door I can open to have a different experience about what is happening.
- I have more compassion to myself for imperfection.
- Highlights included dedicated time to invest in myself under brilliant guidance, learning to notice all the opportunities and using them for mindfulness in day to day life.
- I am more mentally calm and focused at work. I may also be better at budgeting my mental energy so that I finish my day with something left over.
- Getting a chance to quiet my mind at least once weekly and meeting like-minded physicians who are having similar challenges.
- Assists in allowing me to deal with matters that are really beyond my control, and also even to identify that which is beyond my control.
- I am able to think and pause before reacting to difficult conversations.
- I have been better at maintaining healthier boundaries between work/home and with patients.
- I suspect increased sustainability of work.

## **Key challenges:**

- Sustaining practice beyond the completion of the program.
- Carving out time for oneself, even when one knows its value.

## **Some lessons learned by the program managers included the following:**

- Providing meals every week is valuable, as many physicians arrived straight from work.
- Venue is important: a room with natural light would have been much appreciated.

**Results of Metrics:**

As a group, the PSS-10 (Perceived Stress) score came down on average from 18.7 to 14.4, for a reduction of 4.3 points. As a group, the CAMS-R (Cognitive Affective Mindfulness) score went up on average from 25.4 to 28.4, for an increase of 3.0.

Thank you for involving me in the delivery of the program. It has been a pleasure to support PHC physicians in this way.

Warmly, Rahul Gupta  
MD CFFP Certified Mindfulness Teacher

## CHANGE LOG

Change Log							
Project: PHC0059-Mindfulness-Based Stress Reduction (MBSR) for PHC physicians						Approval date: January 24, 2019	
Change No.	Change Type	Description of Change	Requestor	Date Submitted	Date Approved	Status	Comments
CR-01	Additional budget.	<p>As requested by Victor (as one of the participants), Jani requested extra funding to cover food for the remaining 7 sessions.</p> <p>Reason: Most physicians will not have time to eat prior to the course.</p> <p><u>Detail of request:</u></p> <ul style="list-style-type: none"> <li>\$200/week for 7 sessions: \$1,400</li> <li>\$100 for refreshment s.</li> </ul> <p><b>Total: \$1,500</b></p> <p><b>Initial approved funds: \$15,000</b></p> <p><b>New approved funds: \$16,500</b></p>	Jani Laramée	January 22, 2019	January 24 <sup>th</sup> , 2019	Approved	<p>The approved budget was allocated for covering food.</p> <p>The food item for each of sessions is <u>not covered in the project charter and in the project proposal.</u></p>

### Financial Report: MBSR September 2018 - March 22, 2019

PARTICIPANT	Budget Item	DATE	TIME	EXPENSES	TOTAL	STATUS
Credit Card Simpson	Food	Mar 13, 2019, 8:44 pm	\$0,00	\$189,00	\$189,00	Paid
Rahul Gupta	Consultant fee	Mar 13, 2019, 9:57 am	\$0,00	\$5.591,25	\$5.591,25	Paid
Credit Card Simpson	Food	Mar 05, 2019, 8:07 pm	\$0,00	\$189,00	\$189,00	Paid
Credit Card Simpson	Food and Venue	Feb 27, 2019, 10:09 pm	\$0,00	\$1.157,94	\$1.157,94	Paid
Credit Card Simpson	Food	Feb 27, 2019, 9:23 pm	\$0,00	\$196,77	\$196,77	Paid
Credit Card Simpson	Food	Feb 20, 2019, 7:09 pm	\$0,00	\$277,20	\$277,20	Paid
Rahul Gupta	Consultant fee	Feb 15, 2019, 1:19 pm	\$0,00	\$5.748,75	\$5.748,75	Paid
Credit Card Simpson	Food	Feb 15, 2019, 11:02 am	\$0,00	\$376,74	\$376,74	Paid
Credit Card Simpson	Food	Feb 05, 2019, 7:16 pm	\$0,00	\$286,65	\$286,65	Paid
Dr. Jani Laramée	Sessional for Lead	Jan 30, 2019, 2:10 pm	\$0,00	\$177,42	\$177,42	Paid
Credit Card Simpson	Food	Jan 23, 2019, 11:35 am	\$0,00	\$428,39	\$428,39	Paid
Dr. Jani Laramée	Sessional for Lead	Dec 06, 2018, 8:20 am	\$535,08	\$0,00	\$535,08	Paid
Rahul Gupta	Consultant fee	Oct 01, 2018, 2:31 pm	\$0,00	\$1.197,00	\$1.197,00	Paid
Dr. Jani Laramée	Food	Oct 01, 2018, 12:42 pm	\$0,00	\$138,17	\$138,17	Paid
<b>Grand Total</b>					<b>\$16.489,36</b>	