Interactions between mindfulness instructors and primary care providers about patients who have chronic low back pain

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Introduction

- American College of Physicians (ACP) designated Mindfulness-Based Stress Reduction (MBSR) as a first-line non-pharmacological treatment for chronic low back pain1
- Patterns of interactions between mindfulness instructors and Primary Care Providers (PCP) remain largely unknown

Methods and Objectives

- 25-question survey based on Interprofessional Education Collaborative’s Core Competencies2
- Administered via email to PCPs through REDCap
- Inclusion criteria:
  1. Belong to one of the following institutions: UPMC General Internal Medicine Division (Pittsburgh, PA); Piedmont Health Services Family Medicine Section (Chapel Hill, NC); University of Massachusetts Family Medicine Section (Worcester, MA); or Boston Medical Center Family Medicine or General Internal Medicine Sections (Boston, MA)
  2. Be 18 years of age or older
  3. Be a licensed Primary Care Provider
  4. Be English language speaking
- Analysis: Descriptive statistics and logistic regression modeling with SAS v9.4 were used

Conclusions

- PCPs had a general idea about MBSR programs but had little interaction with mindfulness instructors
- PCPs reported communication with mindfulness instructors improved patient care
- Younger age and more familiarity with MBSR were significantly associated with referrals
- Consider methods to augment communication: medical education, healthcare integration, note sharing

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