

# 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 pain<sup>1</sup>
- 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 Competencies<sup>2</sup>
- Administered via email to PCPs through REDCap
- Inclusion criteria:
  - 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)
  - Be 18 years of age or older
  - Be a licensed Primary Care Provider
  - 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

## References & Acknowledgements

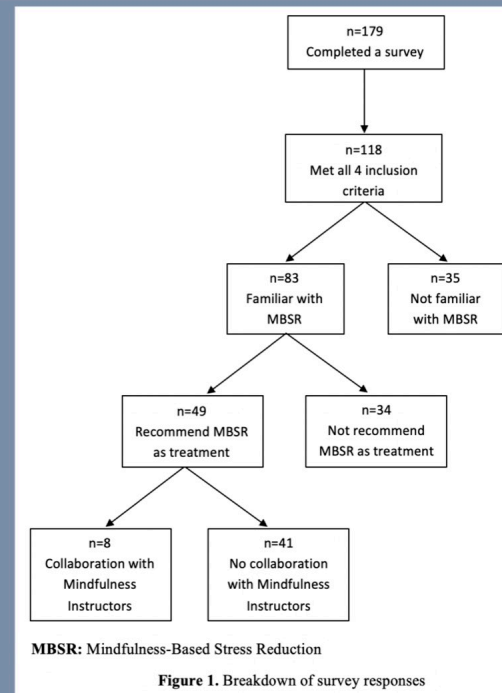
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## Results

**Table 1. Characteristics of study participants**

Characteristic	n=118
<b>Sex, No. (%)</b>	
Male	33 (28.0)
Female	85 (72.0)
<b>Ethnicity, No. (%)</b>	
Hispanic	12 (10.3)
Not Hispanic	106 (89.8)
<b>Race, No. (%)</b>	
White	95 (80.5)
Black or African American	6 (5.1)
Asian	15 (12.7)
American Indian or Alaskan Native	0
Native Hawaiian or Pacific Islander	0
Other	3 (2.5)
<b>Age, No. (%)</b>	
20-30	9 (7.6)
31-40	59 (50.0)
41-50	24 (20.3)
51-60	14 (11.9)
>60	12 (10.2)
<b>Medical License, No. (%)</b>	
Medical Doctor (MD)	98 (83.1)
Doctor of Osteopathic Medicine (DO)	2 (1.7)
Nurse Practitioner (NP)	15 (12.7)
Physician Assistant (PA)	2 (1.7)
Other	1 (0.8)
<b>Specialty, No. (%)</b>	
General Internal Medicine	71 (60.2)
Family Medicine	42 (35.6)
Geriatrician	1 (0.8)
Other	4 (3.4)
<b>Years of Work, No. (%)</b>	
1-5	50 (42.4)
6-10	27 (22.9)
11-15	7 (5.9)
16-20	9 (7.6)
21-25	8 (6.8)
26-30	8 (6.8)
>30	9 (7.6)
<b>Familiarity with Mindfulness-Based Stress Reduction Programs (MBSR), No. (%)</b>	
Yes	83 (70.3)
No	35 (29.7)



**Table 2. Predictors of patient referral to Mindfulness-Based Stress Reduction programs (n=83)**

Characteristic	Unadjusted		Adjusted	
	Odds Ratio (95% CI)	P-value	Odds Ratio (95% CI)	P-value
<b>Age, No. (%)</b>		0.08		0.04*
51 and older	reference		reference	
50 and younger	2.5 (0.91, 10)		3.3 (1.03, 9.09)	
<b>Familiarity with Mindfulness-Based Stress Reduction Programs (MBSR), No. (%)</b>		0.11		0.03*
A little bit & Somewhat	reference		reference	
Quite a bit & Very much	2.9 (0.8, 11.7)		5.1 (1.1, 22.5)	
<b>Practice Mindfulness Meditation, No. (%)</b>		0.24		0.08
No	reference		reference	
Yes	0.57 (0.2, 1.47)		0.4 (0.14, 1.1)	

\*p-value < 0.05

**Table 2. Predictors of patient referral to MBSR programs. Age younger than 50 years old and greater familiarity with MBSR were significantly associated with referrals to MBSR.**