

**Royal College of General Practitioners and Warwick Medical School**  
**Annual Education, Research and Innovation Symposium**  
**16<sup>th</sup> June 2016**

<b>PRESENTER'S DETAILS</b>		
<b>Title</b> (Prof, Dr, Mr, Mrs) Dr Miss	<b>First Name</b> Manuel Olivia	<b>Surname</b> Villarreal Hasseldine
<b>Department or organisation</b> Warwick Medical School		
<b>Category</b> Education Project		
<b>PRESENTATION DETAILS</b> The aim of this study is to review the current literature on the effectiveness of Mindfulness meditation in a range of chronic conditions		
<b>Authors</b> Miss Olivia Hasseldine		<b>Title of Study</b> The Role of Mindfulness in Chronic Diseases in Primary Care
<b>What's the problem you are tackling?</b>  There is a global increase in chronic disease burden putting higher demands on health systems. Improvement in wellbeing has the potential to reduce the disease burden in primary care; current literature and belief is that mindfulness could improve wellbeing in patients. There is a lack of research into the usefulness of Mindfulness in some chronic diseases, such as Diabetes and better guidance to implement mindfulness in primary care is needed.		
<b>How did/will you do it?</b>  Perform the literature review a variety of databases were searched: PubMed, Cochrane Library, Web of Knowledge, Google Scholar. Search terms included a range of keywords such as: Mindfulness, chronic disease, MBSR, MBCT, primary care.		

**What did you find?**

Mindfulness-based Interventions have long been proven beneficial in patients with depression and chronic pain.

Many studies came to the same conclusion that more robust, long-term studies were needed to confirm initial results and to investigate potential physiological benefit.

Many national organisations support the use of mindfulness but more research and clear guidance and guidelines are needed to demonstrate the best way to implement Mindfulness into General Practice.

**Why does this matter?**

The role of mindfulness as potential intervention to contribute to improve wellbeing can help reduce the chronic disease burden. However despite the reported benefits on the effects in chronic diseases more quality research is required to explore the role of mindfulness in primary care.