

EVALUATION OF AN 8 WEEKS MINDFULNESS SPECIAL STUDY MODULE

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O'É Gaillimh
NUI Galway

MINDFULNESS SPECIAL STUDY MODULE

Background

Structure

Evaluation

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Intervention

- 8 weeks Mindfulness Special Study Module
- Module led by Thubten Gelong, facilitated by 2 lecturers
- Guest speaker Finbar McHugh – artist
- Weekly webinars and online reflections, 2 retreats
- Group teaching simultaneously both online and in retreats

Students

- 4th year medical students
- Offered to 2 academies in the School of Medicine
- Galway and Donegal

Assessment

- **Weekly reflections** of experiential learning from module
- Final summary of all reflections from the module

- Final written assignment

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Assessment

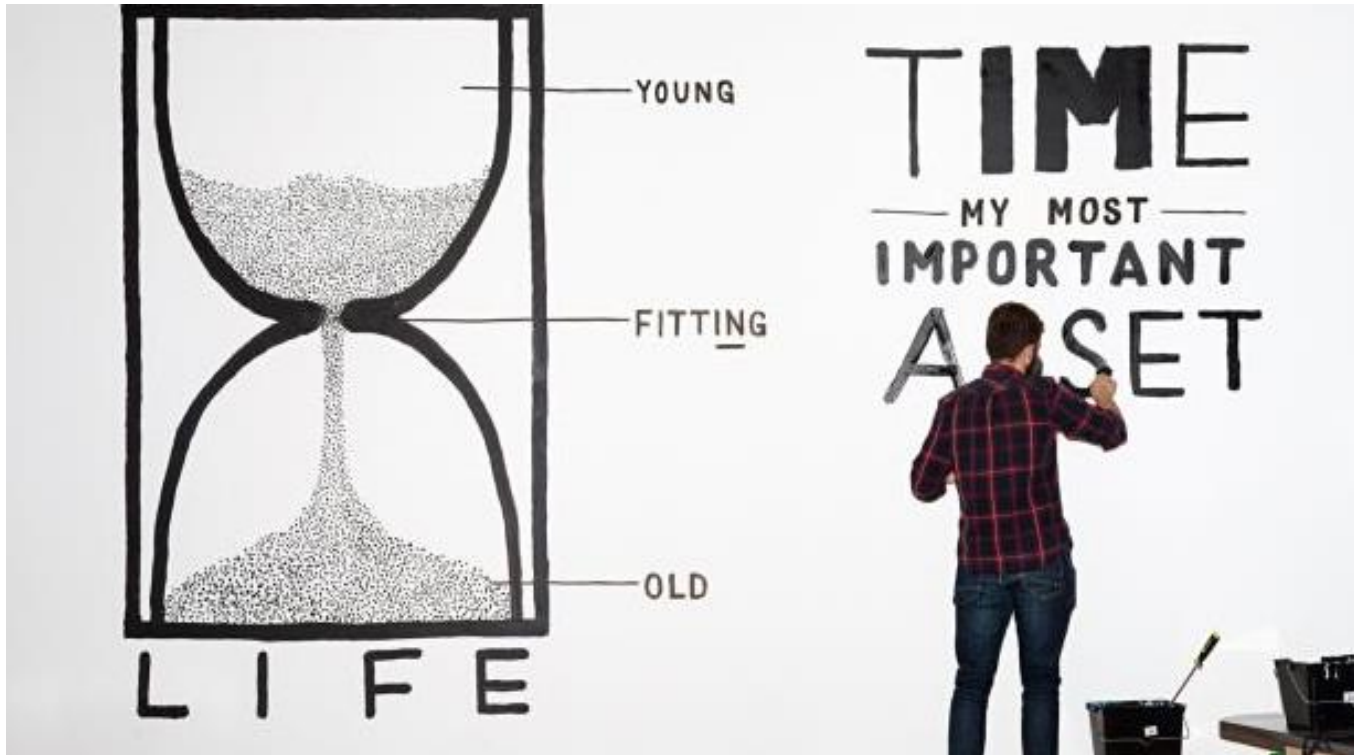
- Final written assignment
- Explore **the development of an undergraduate programme in resilience** building through mindfulness and **how to best attract those who have the greatest need.**

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FINBAR MCHUGH

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Research

- Qualitative feedback using questionnaires
- Exploring student's experience of module

Question

- Is this an effective educational intervention to introduce and develop mindfulness in medical students?
- ✓ Beneficial impact of nurturing values of empathy and compassion?
- ✓ Improve the medical student's value for themselves, colleagues and their patient's?

Ethics

- College of Medicine, Nursing and Health Sciences, NUIG

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Feedback

'We came into this course hoping to be of benefit to others by treating their illnesses and helping them get better, but Thubten really showed us that to be of help to patients and those around us, we first have to take care of ourselves'

'This idea of having compassion for others at the heart of your practice has truly struck me, completely changing how I view mindfulness. Initially it was a way for me to become more resilient to the stress of life, making me a happier and more mindful person, I can now see that it is also a way to cultivate compassion for others.'

'I was able to handle stress better and I felt more focused during the clinical attachments. I learned to start my day with a body scan or a walking meditation to college and this helped me. I could sleep also much better.'

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THANK YOU FOR LISTENING

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