

# Physician Meditation and Communication Improve Care



Learning “mindful meditation and communication” skills may sound to some doctors like a luxury for which they don’t have time, but new research from the University of Rochester confirms it may be well worth the investment for physicians and their patients.

The study, published in *Academic Medicine*, is a follow-up to a paper the researchers published in the *Journal of the American Medical Association* in 2009. For the initial study, Howard Beckman, M.D., clinical professor of Medicine and Family Medicine at the University of Rochester Medical Center, and colleagues enrolled 70 physicians in a mindfulness training program that involved eight weekly sessions, followed by 10 monthly sessions. They found that participants were better equipped to handle psychological distress, fend off burnout and improve their well-being. For the follow-up, the team interviewed 20 of the physicians about their experience with the training.

Highlights from their feedback and the rest of the article can be read at FiercePracticeManagement [here](#).

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