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Introduction

Site Description

- **The Osher Center, Chestnut Hill, MA**
- Brigham & Women's Hospital & Harvard Medical School
- 1 of 6 integrative medicine centers that comprise Osher Collaborative for Integrative Medicine⁽¹⁾
- Focus: Enhancing human health, resilience & Quality of Life (QoL) through translational research, clinical practice & education in integrative medicine⁽¹⁾
- Services: Integrative health coaching, Mindfulness Based Stress Reduction (MBSR), acupuncture, chiropractic care, craniosacral therapy, nutrition, neurological care for migraines^{(1),(4)}

Key Terminology

- **Menopause:** Occurs typically between ages 45-52; Marked by hormone changes 12 months after women's last period⁽²⁾
 - Common symptoms: hot flashes, mood changes, ↓bladder control^{(2),(6)}
- **Migraines:** Genetic disorder; Triggered by anything; More common in women for unknown reason; Linked to menopause because symptoms often exacerbated by hormonal fluctuation^{(3),(5)}
 - Common symptoms: allodynia, visual & mood changes, nausea^{(3),(5)}
- **Mindfulness:** Ability to be fully present in the moment; Every human has this quality, key is to learn to access & use it to one's benefit⁽⁷⁾
 - Shown to reduce symptoms from menopause & migraines & improve quality of life (QoL)^{(8),(9),(10),(11),(12),(18)}

Participants

- n=7 women between ages 38-64 who identify as currently in perimenopause or menopause
- Patients at the Osher Center with a diagnosis of migraines

Gap, Aims & OT Role

Gap

- No mindfulness groups at Osher Center focused on migraines & menopause; Large population of women in perimenopause or menopause with migraines⁽³⁾
- Lack of data to support effectiveness of integrative medicine groups at Osher Center; Lack of time/resources for program evaluation
- Since COVID-19, no groups running at the Osher Center

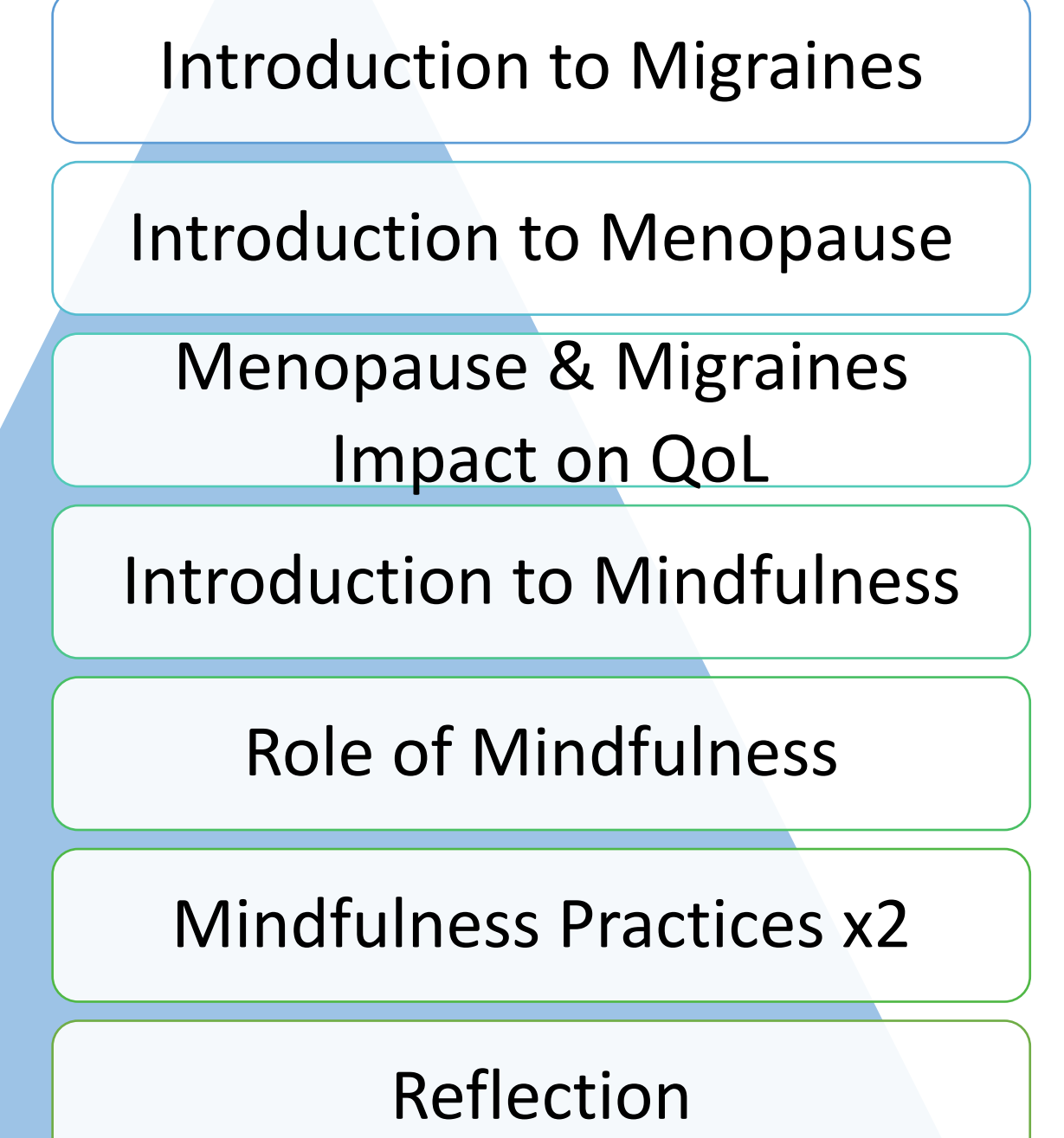
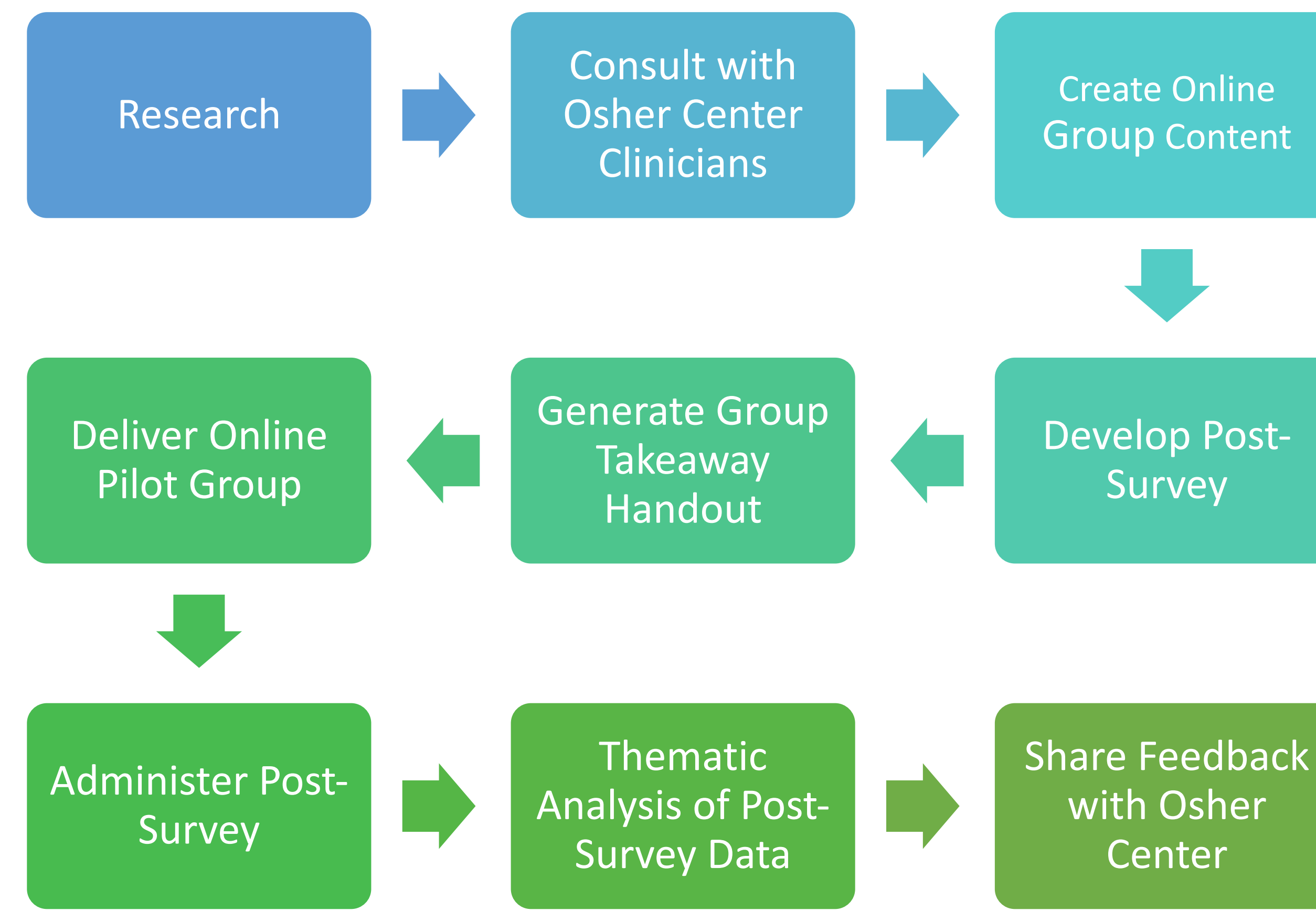
Aims

1. Develop online pilot mindfulness group for women in perimenopause or menopause with migraines
2. Analyze self-reported data from participants to evaluate the effectiveness of mindfulness groups for women in perimenopause or menopause with migraines

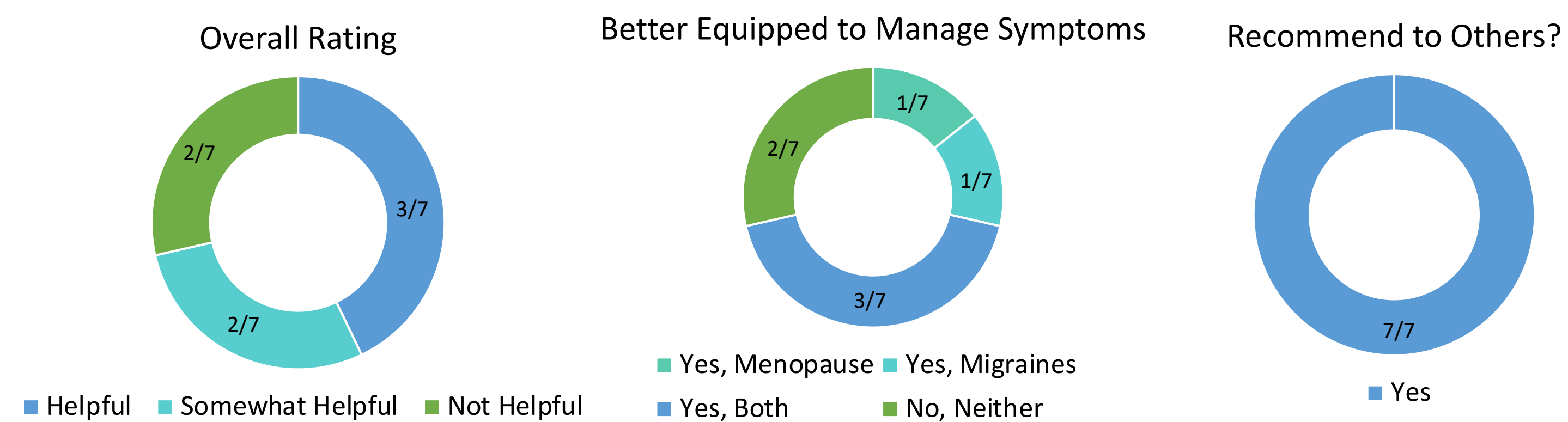
OT Role

- Well-equipped to lead groups^{(13),(17)}
- Emphasis on improving QoL consistent with outcomes^{(14),(15),(17)}

Methods & Group Content



Group Feedback (n=7)



Overall Feedback

- 4/7 would participate again
- 6/7 reported post-group handout is helpful

Education

- 6/7 said education was useful, but *information too introductory*
- Most valuable content areas: Relaxation Technique & Role of Mindfulness
- Least valuable content areas: Introduction to Menopause & Introduction to Migraines

Practices

- 5/7 felt relaxation technique was useful: "simple, but powerful"
- 5/7 felt mindfulness meditation was useful: "really eased heaviness in my head"
 - 6/7 found reflection time after practice useful
 - 5/7 would like more practices in future groups

Delivery

- 7/7 felt 1 hour was long enough, but *want time to share experiences*
- 3/7 reported 2 sessions would be more helpful, 4/7 preferred 1 session
- 6/7 reported online platform worked well: "ease of participation and accessibility"

Discussion

- Overall, feedback suggests participants enjoyed & benefitted from the group and they would recommend the group to others
- Participants reported higher level of prior knowledge & suggested making content more challenging
- Participants reported interest in having the opportunity to connect with others to share experiences
- **Strengths:** Co-created with stakeholders; Customized to Osher Center population; Introduced online platform to center; Population that is understudied in occupational therapy & other disciplines
- **Limitations:** Unable to compare with past online groups at the center; Small sample size; Fewer mandatory questions to limit participant burden, so some data not collected

Conclusion

- Introduced a new online group platform for the center to utilize
- Provided the Osher Center with a piloted & edited online group, group survey & handout which can be further edited & adapted to future groups
- Emphasis on personal stories & connection recommended in future groups
- Future migraine & menopause group topics: sleep, nutrition, & medication management
- Change maker for encouraging OT Practitioners to delve into this area because this topic is underrepresented⁽¹⁶⁾

Contact & References

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References

