

Title	Mindful Caregiving: A Systematic Review of Mindfulness Based Interventions for Informal Palliative Caregivers.
Number	31
Authors	Linda Jaffray, University of Tasmania Timothy Skinner, Charles Darwin University Heather Bridgman, University of Tasmania Miranda Stephens, University of Tasmania
Abstract	<p>Background: Family carers underpin effective and sustainable palliative care. With increased need for palliative care projected for the future, the challenge will be to identify and provide effective caregiver interventions. Empowering, pro-active approaches are particularly indicated. Mindfulness based interventions are participatory approaches to managing stress, found to provide physical and psychological health benefits for diverse populations. Application for informal palliative caregivers is worthy of exploration.</p> <p>Aim: To evaluate the literature on the effects of mindfulness based interventions for informal palliative care givers. Methods: We conducted a systematic literature review and Narrative Synthesis, in accordance with the (PRISMA) Guidelines, searching CINHALL, MEDLINE, PYSCHINFO, EMBASE and the Cochrane Library in February 2014. Results: 13 articles, reporting 10 primary studies (n=432 participants) were included. Dementia family caregivers were the most frequently researched population (n=7). Results indicate Mindfulness based interventions are feasible in this setting and potentially beneficial in reducing depression, caregiver burden and increasing quality of life.</p> <p>Conclusion: Mindfulness shows promise as an empowering approach to support informal palliative caregivers. However, more work is required to understand the experience, effects and considerations of providing MBIs to caregivers in the context of more rapidly progressing disease.</p>