Mindfulness in Motion is a mindfulness-based intervention that was developed, researched, and validated at The Ohio State University College of Medicine by Dr. Maryanna Klatt. This 8-week program offers pragmatic resiliency tools that can be easily implemented in daily life to enhance well-being and functionality while mitigating the effects of chronic stress. When delivered to Healthcare Professionals, patient safety outcomes have been associated with these changes. Dr. Klatt’s latest research shows a 27% reduction in burnout for healthcare professionals, with significant increases in their resilience and work engagement. Additionally, she has shown that mindful awareness interventions produce an average of 4300.00 annual cost savings up 5 years post intervention. Dr. Klatt will explain Mindfulness in Motion, share some research, share options for Faculty and Staff, and discuss how Mindfulness could be implemented and helpful in the rehab world.

**Growth & Personal Success**

**Date:** February 17th | **Time:** 12-1:30pm

**Presented by:** **Maryanna Klatt, Ph.D.**

Dr. Klatt is Director of Integrative Medicine, Professor, in the College of Medicine at Ohio State University, Department of Family and Community Medicine. Dr. Klatt’s research focus has been to develop and evaluate feasible, cost-effective ways to reduce the risk of stress-related chronic illness, for employees of high stress work environments. She has authored over 85 peer-reviewed research articles, book chapters, and abstracts. Specifically, her research has shown that nurses working in a surgical intensive care unit reduced their stress by 40% (shown in their salivary amylase), and that university/hospital faculty and staff significantly increased their resilience and work engagement after her 8 week, one hour/week intervention, *Mindfulness in Motion*. Her evidenced-based program has reached 700+ adults in need of stress reduction, demonstrating the real world impact of translational research. This program effectively combines community building, mindfulness meditation, yoga, relaxing music, and is delivered at the worksite and/or virtually. Dr. Klatt is a certified Integrative Yoga Therapy instructor (RYT 500). In an international study, Scandinavian bank employees significantly reduced their perceived stress. Cancer survivors and their caregivers became significantly more resilient, while inner-city 3rd graders significantly improved in hyperactivity and cognitive inattention-behaviors often related to stress. When delivered to Healthcare Professionals, patient safety outcomes have been associated with these changes. Dr. Klatt has presented her work at numerous national and international scientific conferences. A joy of her professional life has been contributing to the creation of a more mindful workforce, with the intention of increasing the joy of employees at work. Dr. Klatt was one of the founding members of the Center for Integrative Medicine here at OSUWMC, and has been an active member of the Academic Consortium of Integrative Medicine and Health for many years. She designed the undergraduate minor of study here at OSU, Integrative Approaches to Health and Wellness, which resides in the School of Health and Rehabilitation Sciences, as well as 5 courses within the minor. She has a passion for creating educational, research, and clinical experiences for future integrative medicine providers.

Learning Objectives for this program include the following:

1. Recognize the utility of mindfulness in promoting workplace well-being and resilience
2. Articulate the evidence-based research for Mindfulness in Motion delivered to Health Care Professionals
3. Understand the value of daily implementation of mindfulness strategies in your work as a Rehabilitation Professional

**February 17, 2022**
12:00pm-1:30pm

Accreditation:
Approved for 1.5 hours CE from BOC
https://medicine.osu.edu/departments/sports-medicine/education/medical-professionals

Fees, Attendance, and Cancellation: This course is a private course and is free for Ohio State Wexner Medical Center Employees. Continuing education credit will be awarded to employees only. In the event of meeting cancellation, an email will be sent to those on the email list.

For questions and to register: email Karlyn.botzman@osumc.edu

Non-Discrimination: The Ohio State University Wexner Medical Center does not discriminate on the basis of race, color, national origin, religion, sex, disability, military status, sexual orientation or age. The Ohio State University Wexner Medical Center is committed to accessibility and non-discrimination in all aspects of its continuing education activities. Participants who have special needs are encouraged to contact program organizers so that all reasonable efforts to accommodate these needs can be made.

This program has been planned and implemented in accordance with the requirements and policies of the Board of Certification for the Athletic Trainer (BOC) through the joint sponsorship of Ohio State University Sports Medicine. Ohio State University Sports Medicine is approved by the BOC to provide continuing education for Athletic Trainers, provider #P647