

Review 1 Exploring the Feasibility of Mindfulness Practices....

Title-Exploring the Feasibility of Mindfulness Practices in Enhancing Mental Health Outcomes for Patients with Upper Extremity Orthopedic Conditions

The concepts related to this study have exceptional potential and the use of mindfulness tools in rehabilitation has enormous possibilities. However the information in this study is very limited to make the claims that have been stated. The title of the study states: "Exploring the feasibility of mindfulness practices in enhancing mental health outcomes for patients with upper extremity orthopedic conditions" However, there is significant focus on pain scale evaluation and the change in pain. Although this is related for sure, the lack of comparative analysis for pain evaluation for patients that did not participate in the mindfulness leaves a significant gap in the data and you are not able to make those connections. The small sample size is definitely a limitation which is mentioned and discussed making general application limited (also mentioned). Due to these limitations, pain management claims should not be compared as part of the outcomes related to this study. Where the study does have merit and should be focused on is the impact of the mindfulness tools on the aspects discussed in the qualitative portion of the study. The Table makes multiple connections with patient benefits to continue treatment, motivation to participate in therapy, and relieve anxiety, etc. The mindfulness impact on OT treatment seems for focused on the qualitative reported impact, and the pain management element seems like an afterthought. This would be more appealing as a study that focused on the mindfulness impact on the mental health outcomes discussed in the qualitative aspect of the study and eliminating the pain reporting as it does not provide any context of benefit where there is no comparison values to those that did not participate in the mindfulness training. Or additional evaluation of pain reporting data with other patients who did not participate in the mindfulness tools must be collected to compare changes in pain perception across both variables.