

Seattle Institute for Biomedical and Clinical Research

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www.sibcr.org

Feature

David Kearney, MD, is a Gastroenterologist at the VA Puget Sound Health Care System and an Associate Professor of Medicine at the University of Washington. After he received his MD from the University of Missouri-Kansas City, he trained in Internal Medicine at the Beth Israel Hospital in Boston and did a Gastroenterology Fellowship at the University of California-San Francisco. He is currently the Director of the Gastroenterology Fellowship Program.



David Kearney, MD

Dr. Kearney's research focuses on the psychological aspect of functional GI disorders. Recently, his research has focused on the effect of psychological and physical trauma in former POWs on irritable bowel syndrome. He also has a particular interest in the application of stress-reduction techniques in health care. Last year, he went on sabbatical to the Osher Center for Integrative Medicine at the University of California-San Francisco, where he studied the application of Mindfulness-Based Stress Reduction in clinical medicine. Mindfulness-Based Stress Reduction (MBSR) is a validated program of mindfulness meditation and gentle yoga available at approximately 250 hospitals nationwide. It has been endorsed by the NIH-NCCAM as a model of a mind-body intervention. Upon returning from sabbatical, Dr. Kearney started a MBSR program here at VA Puget Sound, and the program has treated many patients with chronic physical and mental health conditions.

Recently, Dr. Kearney was awarded a pilot grant which will be administered by SIBCR from the Bill and Melinda Gates Foundation (Puget Sound Partners for Global Health) to study the effect of MBSR on veterans with PTSD. Despite a growing literature on MBSR for a variety of conditions, the effect of MBSR on PTSD remains unstudied. PTSD causes a major decrease in quality of life and significant comorbidity across the lifespan. It is estimated that, on average, a person with PTSD will endure 20 years of active symptoms, and the rate of attempted suicide is high. Mindfulness training may hold promise as an adjunctive treatment for PTSD because mindfulness promotes openness and acceptance to experience, rather than experiential avoidance - a hallmark of PTSD. Exposure and cognitive behavioral therapy are the most common psychotherapeutic approaches for PTSD, and it has been proposed that mindfulness training constitutes a form of exposure therapy. The pilot trial will study the feasibility and safety of mindfulness training for persons with PTSD.

IMPORTANT ANNOUNCEMENTS

- ★ The new SIBCR fringe rate will be 34.5% effective 10/1/08.
- ★ The SIBCR indirect cost rate is 35.7%.
- ★ Mileage reimbursement increased from \$.505 per mile to \$.585 per mile effective 7/1/08.
- ★ Both the Policy Manual and the Employee Handbook have been revised. The new versions updated May 2008 are available on our website, www.sibcr.org.
- ★ Open enrollment for health benefits will be in August. More information will follow when we have a confirmed date.

Please remember to stop by SIBCR to discuss any grant submissions.

Welcome!

SIBCR is pleased to welcome the following new employees: Nancy Brown, Howard Chang, Harmony Danner, Lindsey Foley, Kara Lee, Nikolai Shalygin, and Sydney Thomas.