Reviewer’s report

Title: Mindfulness and compassion-oriented practices at work reduce distress and enhance self-care of palliative care teams: a mixed-method evaluation of an „on the job” program

Version: 1 Date: 09 Jan 2017

Reviewer: Mary Vachon

Reviewer’s report:

Again I reiterate that I think this is a very exciting paper which adds significantly to the field of interventions for improvements in self care for professionals and then hopefully into measurable changes in the health care system into more of the realm of the possible. If the authors are not aware of the following initiatives they may be interested in pursuing them for their future work

Recommendations from a Conference on Advancing Compassionate, Person and Family-Centered Care Through Interprofessional Education for Collaborative Practice, Emory Conference Center, Atlanta, GA; 30 Oct-1 Nov, 2014

Loun et al, Advancing Compassionate, Person-and Family Centered Care through Interprofessional Education for Collaborative Practices; COMPASSIONATE COLLABORATIVE CARE MODEL AND FRAMEWORK

Riess, Helen, Empathy in Medicine: A Neurobiological Perspective, JAMA, 2010; 304(14):1604-1605


Dr Reiss is with Harvard and has provided training on empathy to residents and now has an online program to teach empathy. Of course there is the distinction between empathy and compassion but the work is worth looking at for future research.

Comments

P 3 line 37 Canadian should be capitalized

P 5 L 23  ist should be is
Recently I mentioned Tong-Len practices in a group in which an experienced meditator said that she had been taught that one needed to be a very experienced meditator before doing tong-lin practice. In addition my meditation teacher stresses that in tong-lin practice as one takes in the suffering of others one must be careful to transform it without residue, so that the person meditating about another is not taking in and "keeping" the suffering of the other. Do you see any concerns with this practice?

P 8 L 44 breathe, not breath

P 11 L 15 German not german

P 14 L 42, you might want to have the genders beside the appropriate label

P 15 L 9 don't you want Personal Accomplishment to go up after an intervention? Are you referring to lack of Personal Accomplishment or Personal Accomplishment?

I read your table as saying PA went up during the intervention.

P 18 Consistency of capital letters with the descriptions of the interventions

P 19 Do you mean one or 2 sessions on the days they were offered or per day?

P 23 L 18 wish not whish

P 24 Were you looking to measure an increase in compassion? I am not sure, given your methodology that could have been measured. As I understand your participants integrated compassionate practices into their daily work life. Presumably that meant they then practiced their professions with more compassion and patients benefitted, but the study wasn't developed to measure that. Obviously more can be done to look at measuring compassion in palliative care and other health care settings. Obviously Sinclair's work is relevant here as is the work of Tania Singer who either has or is in process of developing interventions in health care settings.

Are the methods appropriate and well described?
If not, please specify what is required in your comments to the authors.

Yes

Does the work include the necessary controls?
If not, please specify which controls are required in your comments to the authors.

Yes

Are the conclusions drawn adequately supported by the data shown?
If not, please explain in your comments to the authors.

Yes
Are you able to assess any statistics in the manuscript or would you recommend an additional statistical review?
If an additional statistical review is recommended, please specify what aspects require further assessment in your comments to the editors.

I am able to assess the statistics

**Quality of written English**
Please indicate the quality of language in the manuscript:

Acceptable

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