

Mindful P.A.C.E: Group Mindfulness Program Consent Form

1.0. Introduction:

Mindfulness and the mind-heart-body connection are increasingly recognized to play key roles in promoting mental and heart health. This program offers group training on mindfulness and mindfulness meditation over 8 weekly sessions of 60-90 minutes in duration.

Over the course of this training, participants will:

- Learn about mindfulness and the mind-body-heart connection
- Practice instructor-led mindfulness meditations during group classes and at home
- Explore mindful living and share experiences on mindfulness and living mindfully

1.1. Program Delivery

- At present, group mindfulness training will be remotely-delivered through ZOOM, a video-conferencing tool that allows for online face-to-face video, voice, and text-based communications. At present, the program is available free of charge, and is only open to patients receiving care at PACE Cardiology.
- Zoom software is available for desktop, tablets, and smartphones. Participants can download Zoom for personal computers (Zoom Desktop Client), tablets, or smartphones from: <https://zoom.us/download>
- To ensure privacy and security, we request participants to only use their own personal devices and private internet connections to access Zoom and attend group meetings. In addition, please only use the instructor-provided link to attend group meetings at set class times.

1.2. Online Group Communications

- Zoom is a third party service and group meetings will be enable End-to-end (E2EE) encrypted by Zoom. As this training takes place in groups and online, participants are encouraged to familiarize themselves with:
 - Zoom's privacy and encryption policies: <https://explore.zoom.us/en/privacy/>
 - Zoom's compliance with Canadian Data Protection regulations: [https://explore.zoom.us/docs/doc/PIPEDA PHIPA%20Canadian%20Public%20Information%20Compliance%20Guide.pdf](https://explore.zoom.us/docs/doc/PIPEDA_PHIPA%20Canadian%20Public%20Information%20Compliance%20Guide.pdf)
- Group instructors aim to create a welcoming, friendly, and safe learning environment. Accordingly, group learners:
 - can chose to attend this program in face-to-face, video, or voice-only formats by adjusting their Zoom meeting settings.

- are encouraged to ask questions during the class, and share their experiences on learning mindfulness and living mindfully with the broader group.
- must respect each other's privacy by treating class communications, including information shared by group members and instructors, as strictly confidential.
- As with any form of online communication, there are risks for unauthorized access, disclosure, or interception of class communications and personal health information.

1.3. Benefits and Risks

- Scientific research has greatly supported the role of mindfulness in improving mental health among various study groups (e.g. students, healthy adults, individuals with chronic disease). Nevertheless, as we build greater awareness and pay closer attention to our experiences (positive and negative), there is some possibility that we may become aware of negative emotions and distressing thoughts during mindfulness meditation.
- As with any form of online communication, there are risks for unauthorized access, disclosure, or interception of class communications and personal health information.

1.4. Additional Considerations

- This program is not a clinical program and is not a replacement for professional medical or psychological services. The program will introduce participants to mindfulness and the practice of mindfulness meditation as a personal resource to help reduce psychological stress, promote mental well-being, and heart health.
- This group program is offered in conjunction with established medical therapies for heart disease. Participants should communicate matters related to their medical and psychological care (including referral requests to professional medical and psychological services) to their physician, cardiologist, psychologist, or nurse practitioner.
- Virtual, online, or audio communication can not replace in person medical care, physician examination, and urgent care in an emergency department.
- I agree to not disclose information that may help to identify another group member to anyone outside the group. This includes, but is not limited to: names, descriptions, medical information, and personal experiences shared during group discussions.

1.5. Informed consent

- I agree my consent and participation in the group mindfulness program to be voluntary.
- I understand that I can withdraw consent at any point during the course of the program.

- I acknowledge that I have read this document in its entirety, had the opportunity to discuss the program in greater detail before participation, and were provided with answers that were to my satisfaction.
- Knowing these, I consent to voluntarily participate in the group mindfulness program, accept the risk and benefits, and abide by the program delivery and group communication considerations mentioned previously in this document.

<p>Name & Signature of the Participant</p> <p>date: / / (DD/MM/YY)</p>	<p>Name & Signature of the Witness</p> <p>date: / / (DD/MM/YY)</p>
--	--