Techniques for Reducing Pain and Discomfort Using Applications of Warmth

Innovation and Excellence in Advanced Illness at End of Life
41st Annual Hospice & Palliative Care Conference – September 2017 – Asheville, NC

Anthroposophic Nursing

Rosemary

Inquiry

WARMT

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Experiencing physical warmth promotes interpersonal warmth

“Warmth” is the most powerful personality trait in social judgment, and attachment theorists have stressed the importance of warm physical contact with caregivers during infancy for healthy relationships in adulthood.

Intriguingly, recent research in humans points to the involvement of the insula in the processing of both physical temperature and interpersonal warmth (trust) information.

Accordingly, we hypothesized that experiences of physical warmth (or coldness) would increase feelings of interpersonal warmth (or coldness), with the person’s awareness of this influence.

Experiencing physical warmth promotes interpersonal warmth

In study 1, participants who held a cup of hot (versus iced) coffee judged a target person as having a “warmer” personality (generous, caring);

In study 2, participants holding a hot (versus cold) therapeutic pad were more likely to choose a gift for a friend instead of for themselves.

• Experiences of warmth help us perceive the good in another person—being in the elevator and briefly holding a cup of hot coffee encourage participants to judge another person as more generous or caring

• Experiences of warmth help us to be more selfless and more generous ourselves—examining a hot versus a cold therapeutic pack encouraged participants to a gift for a friend, rather than a gift for themselves, as a thank you for participating in the study

• Our capacities for moral perception and moral judgement work within the element of warmth.
This study describes the phenomenon of caring touch from the patients’ perspective in an anthroposophic clinical context where caring touch is often used to promote health and alleviate suffering.

The findings show how caring touch has multifaceted meanings and makes the patients feel present and anchored in a meaningful context. The patients feel that they are seen, accepted, and confirmed.
Furthermore, touch creates a caring space where the patients become receptive for care and has the power to alleviate patients’ suffering, as well as to frighten and cause or worsen the suffering.

In order to take advantage of the caring potential, the patient needs to be invited to a respectful and sensitive form of touch. An interpersonal flexible space is necessary where the touch can be effective, and where a dynamic interplay can develop.
Anthroposophy

“Wisdom of the human being”

Formulated as a spiritual philosophy by Rudolf Steiner, PhD & taken up into practical endeavors

1861-1925

Anthroposophic Medicine & Therapies

Dr. Ita Wegman

1876-1943

Five Aspects distinguish it as an integrative model of healing:
1. COMPREHENSIVE MODEL

Spiritual woven into Biomedicine

Collaboration with Anthroposophic artistic therapists, Lifeways and Waldorf educators, Biodynamic farmers & beekeepers, Camphill communities, RSF Finance

2. INTEGRATIVE INSIGHTS & LANGUAGE
2. INTEGRATIVE INSIGHTS & LANGUAGE

4 Fold Human Being

Ego/Spirit
Warmth

Astral Body
Life Body
Physical Body

Air
Water
Earth

Anthroposophsic Insight:

Spirit/ “I” organization uses warmth and glucose as vehicles to move through the human being.
Anthroposophic Insight:

Metals relate to Ego forces that form and function in organs.

Examples: Copper: Kidneys, Warming, Gold: Heart, Circulation

3 Fold Human Being

Nerve Sense System

Rhythmic System

Metabolic Limb System

Topical applications directly affect the Nerve Sense System

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The Carolinas Center’s 41st Annual Hospice & Palliative Care Conference – September 2017 – Asheville, NC
3 Fold Human Being

Nerve Sense System

Root

Rhythmic System

Leaves

Metabolic Limb System

Flowers

3. A Science of Observation

Goethean Observation
4. Groundbreaking Research

Gunver Kienle

5. Healing as a Journey
Nurturing the spiritual development of healers

Anthroposophic Nursing
Engaging the power of healing spirit

using warmth of external applications

External Applications

• Baths and partial body baths
• Specialized oil dispersion baths
• Footbaths
• Compresses
• Oil and Ointment Cloths
• Rhythmical Massage.
Important Aspects of External Applications

• Substance (raw substance, plants, metals)
• Medium: Warmth, Cold; Moist, Dry
• Caring Approach of Provider
• Timing and Rhythm of applications

Relative importance of each aspect varies by application

• Substance predominates in Ginger compress

• Moist warm compress medium predominates in Yarrow

• Caring approach predominates in Rhythmical Massage

Rosemary & Lavender
Footbaths

Rosemary Footbath

Deeply warming, activating and awakening effect;
Stimulates circulation;
Used for morning tiredness, circulation issues, headaches, dizziness, difficulties sleeping related to lack of physical or mental activity during daytime.
Water is 2-4 degrees warmer than body temp.

Lavender Footbath

Calming, relaxing, warming, promotes sleep.

• Add 2-3 tsp (10-15 ml) bath milk, oil or 1 quart herbal tea (4 tsp plant substance steeped in 4 cups boiling water for 5 minutes) to warm water at body temperature or a little cooler. Should be pleasantly comfortable, adding more warm water as needed.
• Mix with rhythmic lemniscate movement for one minute to enliven water.
• After 15-30 minutes, dry feet well, can put oil on feet, place warm socks,
• Rest 15 minutes
Lavender & Rosemary Research

- Lavender bath oil reduces stress and crying and enhances sleep in very young infants. Early Hum Dev. 2008
- Smelling lavender and rosemary increases free radical scavenging activity and decreases cortisol level in saliva. Psychiatry Res. 2007
- The effects of lavender (Lavendula angustifolium) baths on psychological well-being: two exploratory randomised control trials. Complement Ther Med. 2002
- The effect of foot-bath with or without the essential oil of lavender on the autonomic nervous system: a randomized trial. Complement Ther Med. 2000
- Effect of Lavender Cream with or without Foot-bath on Anxiety, Stress and Depression in Pregnancy: a Randomized Placebo-Controlled Trial. J Caring Sci. 2015.
- Effects of inhaled rosemary oil on subjective feelings and activities of the nervous system. Sci Pharm.
Solum oil
Helps create a boundary

Back pain, Chronic pain, Exhaustion, Depression, Depression from exhaustion Difficulty falling and staying asleep. Disquiet and anxiety.

Effects of rhythmical embrocation therapy with solum oil in chronic pain patients: a prospective observational study

- MATERIALS AND METHODS: In a prospective study 100 patients with chronic pain were treated three times (T1-T3) within 24 days by rhythmical embrocation with Solum Oil. The Mood Scale (Bf-S) and Pain Perception Scale (sensory PPS, affective PPS) were measured before the first and after each of the 3 treatments.
- RESULTS: Patients were mainly female (89%), mean duration of chronic pain (low back pain): 8.8 years; 1 drop-out due to urticaria.
Effects of rhythmical embrocation therapy with solum oil in chronic pain patients: a prospective observational study
Ostermann T.

- Mood Scale (BF-S) was reduced from 25.8 (95% confidence interval (CI) 22.8-28.1) before T1 to 13.3 (95% CI 11.7-15.0) after T3
- Sensory Pain Perception Scale from 18.8 (95% CI 17.7-19.8) to 15.2 (95% CI 14.1-16.4)
- Affective PPS from 29.8 (95% CI 27.9-31.7) to 21.3 (95% CI 19.4-23.0)

The high effect sizes indicate that repeated rhythmic embrocation with Solum Oil may improve mood, pain perception (sensory PPS) and the ability to cope with pain (affective PPS) in patients with chronic low back pain.

Moist Hot Compresses

- Yarrow
- Chamomile
- Leaf & Stalk
- Flowers

Warm Yarrow Liver Compress
- Supports liver up-building & excretion; basic support for oncology patients.
- Capsular pain from Liver metastases

Chamomile Abdominal Compress
- Abdominal cramping
- Anxiety & Restlessness at night
- Chronic constipation
Ginger Kidney Compress

- “Kidney” constitutional agitation or overactive mental processes.
- Slow awakening in mornings—awakens & activates, so best done as morning compress.
- General sense that warmth organism needs stimulation

Differentiated Warmth qualities

- **ROSEMARY** Deeply warming; Activating, Awakening, Stimulates Circulation & Strengthens.
- **LAVENDER** Deeply warming, but cooler warmth. Relaxing, Calming, Harmonizing, Expanding effect.
- **SOLUM** Generates inner warmth by its protective sheath. Oil compress: soft encompassing warmth.

Differentiated Warmth qualities:

- **ROSE** Restorative, caring, harmonizing warmth at soul level. Oil compress: soft encompassing warmth.
- **AURUM** Spiritual warmth; metal of the heart; sun forces; immune to outside influences; restores equilibrium & fills human with light.
- **CUPRUM** Full, nourishing warmth—metal of the kidney; helps spasms; Harmonizes parasympathetic system.
**Differentiated Warmth qualities:**

- **YARROW**  
  Warming and loosening cramps and tightness; moving excess air in GI track; *enlivening* so done midday; Strong upright plant;  
  Hot moist liver compress- intense warmth

- **CHAMOMILLE**  
  Deeply warming- it has internalized warmth with intense yet mild restrained sulfuric forces. Loosens lower abdominal cramps, bloating; *calms.*  
  Hot moist compress- intense warmth

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**Differentiated Warmth qualities:**

- **GINGER**  
  Delayed inner warmth-spreads outward- sometimes in waves; activates.

- **MUSTARD**  
  Aggressive warmth: Immediate skin burning; decreases to plateau, then becomes intolerable. Requires close attention!

- **OXALIS**  
  Strengthens life force, anabolism, reintegration of soul/spirit with lower members after SHOCK. Liver ointment cloth.

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**Differentiated Warmth qualities:**

- **LEMON**  
  Sour - restrained ripening; drawing in, Structuring inflammation.

- **EUCALYPTUS**  
  Strong light and warmth quality. Leaves have etheric oils & distinct aroma. Gradual intense warmth dilates blood vessels; relaxing and loosening effect. Bladder, kidney compresses.

- **QUARK**  
  Sour milk separates into curds and whey & creates a slow gentle drawing effect that relieves congestion.

- **BORAGE**  
  Green succulent with peaceful soft sky-blue flowers. Cools and calms fiery inflammation and restores normal flow of fluid in tissue.
PAIN

Meteorism pain: Caraway or Melissa oil
Spastic Abdominal pain: Chamomile oil

Liver capsule pain with mets: Yarrow compress

Vertebral pain: Solum oil
Vertebral pain with spasms: Arnica/Cuprum oil

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PAIN

Chronic Osteoarthritis pain: Ginger

Neuropathy: Lavender Quartz oil
(includes Aconite, Belladonna, Rhus, Camphor)

Bone Met Pain: Flaxseed oil compress

PAIN

2° fluid congestion

Fluid stasis pains related to congested tissue, lymphedema: Borago essence or lotion

Lymphedema: Quark
(also good as chest compress for EOL pulmonary congestion)

Cabbage
ANXIETY
Agitation, Agitation in dying, Restless leg syndrome:
Lavender oil- RMT* foot
Disquiet in dying, emotional weakness, back tension (rather than pain):
Rose oil- RMT back
Disquiet and anxiety:
Solum oil- RMT back

*RMT- rhythmical massage

DEPRESSION
Depression/ Depression from Exhaustion:
Solum oil- RMT back
Depressive Moods:
Rose oil- RMT back

WEAKENED ANABOLISM
Anorexia, Tumor Cachexia, Weakened metabolism:
Rosemary oil- RMT arm
Exhaustion:
Rose or Solum oil- RMT back
Rosemary oil- RMT arm
Cuprum .4% ointment- RMT kidney
Rudolf Steiner:

“Moral ideals come to expression in an enhancement of warmth in the warmth organism. Not only is one warmed in soul through what is experienced in the way of moral ideals, but one becomes organically warmer as well — though this is not so easy to prove with physical instruments.

Moral ideals, then, have a stimulating, invigorating effect upon the warmth organism. You must think of this as a real and concrete happening: enthusiasm for a moral ideal — stimulation of the warmth organism.

There is more vigorous activity in the warmth organism when the soul is fired by a moral ideal.”

Rudolf Steiner Young Doctors Course: Bridge Lecture 2: The Moral as the Source of World-Creative Power December 18, 1920

TRAINING

Start of next nurse certification training
April 21st – April 28th, 2018
in Chestnut Ridge, New York. (3 years)
1-day Introduction to Anthroposophic Nursing available the day before for those who might be interested. Register on NAANA website.

1-day Introduction to Anthroposophic Nursing taught by Susan Moss, RN & myself in Flat Rock, NC at Highland Lake Cove November 11, 2017. Registration will be set up on my website: patriciahartmd.com
**Resources**

**Anthroposophic Nursing**
- North America Anthroposophic Nurses Association
  [https://aamta.wildapricot.org/NAANA-anthro-nurses](https://aamta.wildapricot.org/NAANA-anthro-nurses)

**Anthroposophic Medicine**
- Association of Anthroposophic Medical Therapies in America (AAMTA)
  [https://aamta.wildapricot.org](https://aamta.wildapricot.org)
- Physicians Association for Anthroposophic Medicine
  [https://paam.wildapricot.org](https://paam.wildapricot.org)

**External applications & Rhythmic Einreibung**
- Vade Mecum. External Applications in Anthroposophic Nursing
  [http://www.pflege-vademecum.de/?locale=en](http://www.pflege-vademecum.de/?locale=en)

**Healing Plants**