Disclaimer

This is an introductory presentation. It does not qualify you to provide professional integrative services. Check with your employer/agency regarding policies and procedures and additional training.

Integrative Modalities

Integrative medicine is patient centered, holistic, and addresses physical, emotional, mental, social, spiritual, and environmental influences.
In times of health crisis, stress and anxiety are common in both patients and caregivers. This stress can exacerbate other physical symptoms (such as pain and nausea). Stress can also reduce an individual’s ability to cope, negatively impacting their quality of life and satisfaction.

Integrative Program

- Developed and implemented for patients, caregivers, and bereaved clients.
- Focuses on reducing symptoms such as pain, nausea, anxiety, and stress.
- Enhances quality at the end of life.
- Utilizes best practices
  - Increases teammate engagement and is used to combat compassion fatigue.
  - Promotes a culture where patients and families are cared for through the mind, body, and spirit.

Integrative modalities

- Breathing/Relaxation Techniques
- Guided Imagery
- Healing Energy Comforting Touch, Reiki and Reflexology
- Music (live and recorded)
- Healing Arts Program
- Ecotherapy/Nature Therapy
- Aromatherapy
- Legacy Activities
Why offer a variety of Modalities?

• Research shows that the power of integrative modalities is enhanced when used in combination.

• Patient preference also strongly impacts therapeutic effectiveness.

• One approach does not fit all.

• Empowers patients and caregivers

Grounding and Presence

• With all integrative strategies, it is important for the practitioner to ground themselves prior to beginning any technique.

• Remember that the emotional connection makes all the difference!

Tips for grounding:

• Place both feet on the floor.

• Take a few cleansing breaths.

• Say a silent mantra/prayer to calm yourself and to promote a healing presence/touch/energy.

• Let go of any of your own worries/anxieties and focus on the present moment.
Power of Intention:

• “No matter what form healing takes, intention is at its base.
• Intention is more important than any techniques we use.
• Setting an intention to the highest good.
• Remain non-attached to outcome—this is the foundation of all other healing work.
• Ask clients to think of their intentions for healing.

http://www.the-energy-healing-site.com/energy-healing-techniques.html#sthash.beAywkc5.dpuf

Breathing Techniques

• Relaxation Breathing—breathe in through the nose to a count of 4 and blow out through the mouth to a count of 4 (4:4)
• Regulation Breathing
• Abdominal Breathing
• Pursed Lip Breathing

Breath Prayer

• The breath prayer is a very short prayer of praise and petition.
• Get comfortable and allow yourself a couple of minutes to let go of busy thoughts.
• Read a short passage of something uplifting or sacred.
• Be still, calm, peaceful, open.
• An example of a short prayer is “Holy Wisdom, Guide me.”
• Think first phrase as you breath in, think second phrase as you breath out.

Source: Beth Jackson-Jordan
Guided Imagery

- Choose a favorite place
- What do you like about this place?
- Sit in comfortable position
- Close eyes
- Begin relaxation breathing
- Utilize all the senses: Sight, sound, touch, smell, taste
- Just give hints and let the participant’s mind feel in the details
- Talk less

Eco Therapy

- Nature meditation
- Horticultural therapy
- Animal-assisted therapy
- Physical Exercise in natural environment
- Involvement in conservation activities

Aromatherapy

Aromatherapy is defined as “the therapeutic use of essential oils, which are the volatile organic constituents of plants, with the intent to calm, balance, and rejuvenate mind, body, and spirit”.

“Use of Aromatherapy with hospice patients to decrease pain, anxiety, and depression and to promote an increased sense of well-being.” American Journal of Hospice & Palliative Care, volume 19, number 6, Nov/Dec. 2002.
Lemon: reduces pain and anxiety, improves mood.

Eucalyptus: reduces pain, improves breathing, and improves mood.

Ginger: reduces nausea/vomiting, pain, & flatulence.

Lavender: relaxation, reduces pain, calms anxiety/agitation, promotes sleep and improves mood.

Peppermint: relieves nausea, headache, & spasms.

How Aromatherapy Is Processed

1. Fragrance enters through the nasal passage
2. Spent travels through the nasal cavity until reaching the olfactory bulb
3. via the olfactory bulb, the aroma is sent directly to the center of the brain to the limbic system, where it is processed, releasing neurotransmitters that can be relaxing, stimulating, sedative, etc. depending upon the essential oil used


How it works

- Fastest effect = nasal to olfactory bulb, triggers limbic system.
- Components either recognized by shape of molecule or by vibration!
- Limbic system contains Amygdala (fear and anger), Thalamus (pain), Hippocampus (formation and retrieval of memories).

Slide developed by Cathy Carson, CHS Integrative Health Nurse
Safety Tips

• Only trained professionals should use clinical aromatherapy.
• Always assess for allergies.
• Caution with children or pregnant women.
• Administer inhalation of coffee beans or grounds to dampen and reverse an adverse reaction.
• If oils get in eyes, immediately flush with whole milk or whole cream, then rinse with water.
• Oils are flammable.
• Do not ingest.
• Wash hands thoroughly after handling the oils.

Healing Energy

Reiki: Practitioner’s hands are placed on or over energy centers on the patient’s body to alleviate energy blockages and relieve symptoms.

Types of Touch Interventions:

• Healing Touch
• Caring Touch
• Therapeutic Touch
• Accupressure
• Reiki
• Reflexology
Comforting Touch

- Modified Hand Technique
- Energy Back Technique
- Reflexology

Guidelines:

- Can be used with children.
- Can be used with or without lotion (ours or theirs). Use clinical judgement regarding use of gloves.
- Can be combined with relaxation music, aromatherapy, relaxation breathing, or guided imagery.
- Caregivers can be taught to use this technique to promote comfort.

Benefits:

- Promotes relaxation.
- Reduction of pain and discomfort.
- Relieves anxiety.
- Non-invasive.
- Provides whole person care (body, mind, emotions and spirit).
- When muscles relax, circulation is improved and the increased blood flow elevates oxygen levels throughout the body.

http://ezinarticles.com/?Healing-Touch---Hospice-Care-For-Your-Loved-One&id=9555403
Before you begin:

• Obtain consent.

• Assess for cultural/religious beliefs regarding touch.

• Touch techniques should not be used on patients with recent physical traumas/sensitive areas. Use clinical judgement regarding emotional trauma.

• Oncology patients with platelets of less than 50,000 should only be offered light tissue massage.

Contraindications

• Oncology patients with platelets less than 20,000 should not receive any type of touch strategy. Use energy work only.

• Avoid IV sites.

• If patient has oxygen or bipap, have them apply it prior to beginning session due to the relaxed state that may be achieved.

• Contraindications: Early trauma, elevated WBC or low platelets in Oncology patients, DVT, lymphedema, athlete's foot, open wounds.

Modified Hand Technique Steps:

• Place the client’s arm on a pillow in a comfortable position.

• Stroke up the arm starting at the wrist and end at the elbow. Repeat 3 times.

• Stay at elbow on the top of the arm and work your way down to hand.

• Use 3 “butterfly” strokes in each place.

• 3 circles around each joint of fingers.

• Gentle pressure at the end of each finger, then lightly pull.
Modified Hand Technique Steps:

- Turn arm over and repeat steps from the elbow down to fingers.
- Interlock fingers and gently roll the wrist.
- Using both hands, make 3 long strokes from elbow down to the wrist.
- Assess the client’s reaction throughout the session, both verbally and non-verbally.

*It is common for the patient to fall asleep during the session, so you may want to save it for the end. If client sleeping, post-intervention rating would be “0”.

What are Healing Arts?

The healing arts are creative practices that promote healing, wellness, coping and personal change.

“Traditional healing arts include music, art, dance/movement, poetry/writing, and drama therapies.”

www.montefiore.org/healingarts-what-are-the-healing-arts, 9/27/17

Interlude Music Program

Provides soothing music in Tucker Inpatient Unit community area and therapeutic musicians provide bedside music upon request.

Interlude choir provides individually selected soothing music for patient and families to reduce pain, stress and nausea.
Journaling, Memory Books and Poetry

- Journaling offers opportunity to surface and express feelings and memories
- Sharing life stories and memories is affirming and healing
- Poetry gives expression through powerful images

How to Do a Group Poem

- Choose subject or theme
- Share responses
- Write down each response
- Once everyone has spoken, read it back as an entire poem

These hands.
These hands have held those that are dying. Those that are sick. Those that are hurting.
These hands have also held new life. Tiny fingers wrapped around mine.
These hands have been scraped and bruised. Played hard and worked hard.
These hands have joined another's in prayer. In joy. And in love.
These hands tell my life story. Lines etched in time. These hands.
Healing Arts Program

Benefits of Healing Arts

- Enhances psychological well-being
- Boosts the immune system
- Increases sense of connectedness
- Reduces stress
- Increases insight and awareness
- Helps to find meaning
- Empowers

How it Works

- Humans are inherently creative
- Creative process offers fulfillment and sense of well-being
- Helps to surface feelings
- Increases awareness, insight
- The expressive process is healing


Process not Product

Purpose:

- Express yourself
- Find pleasure in the process
- See what emerges
- Be open to the process
- Meaning is determined by the creator


No artistic experience is needed

Common fears about doing art:

- Being judged by others
- Not being talented enough
- Not having creative ideas

Benefits of drawing or coloring

- Creates a meditative state
- Stress levels are lowered
- Negative thoughts are blocked and replaced with positive ones
- Focusing on the present helps you achieve mindfulness
- Sparks creativity
- Relieves boredom

Expressive Arts are helpful in treating:

- Stress/anxiety
- PTSD
- Epilepsy
- Obsessive-compulsive disorders
- Depressive disorders
- Eating disorders
- Anger management

Format for Expressive Arts Activities

- Visualization
- Journaling
- Art Activity
- Art Supplies & activity

Process for the session:
- Work individually
- Reflect on image & process in journal
- Group Discussion
- (All sharing is voluntary)
Mandalas

- Carl Jung drew on the Eastern concept of the mandala as a way to increase self-knowledge. The word, mandala, comes from the Sanskrit word for “sacred circles.”
- Eastern cultures have used mandalas for visual meditation for many centuries.
- One study compared people coloring in squares, a mandala or a blank page and found that the mandala outline was most powerful in reducing stress.

Mandala Activity

Mandalas represent the connection between our inner and outer reality. Designing your own mandalas can be both inspirational and therapeutic.

Healing Hands Spiritual Practices

- Breath Prayer
- Gripping Hands Visualization
- Finger Labyrinths
- Blessing of Hands
How to Draw a Finger Labyrinth

Gripping Hands Visualization

1. Close eyes and clench your hands tightly.
2. Imagine all the pressures and worries and tensions you are carrying all balled up inside your fists.
3. Turn your hands over, still gripping, so they are facing down.
4. Imagine God's hands underneath yours and slowly open your hands so that the things you are carrying fall into God's hands.
5. Turn your hands up with palms open. Feel the new lightness and energy that feels your hands.

Lasting Memories-Hands

1. Hands Portrait Project
2. A legacy intervention with patients and caregivers
3. Explain the project
4. Obtain permission (written consent)
5. Ask participants to think of something meaningful to include in hands portrait.
Our hands tell our stories...

Stories of love...

Stories of passion...
Stories of joy...

Stories of friendship...

Stories of hard work...
Stories of tender moments...

Stories of trials endured...

Stories of hope...
Stories of compassion...

Stories of generations...

Stories of a lifetime.
How to tell the story:

• Obtain permission and signed consents.
• Black and white photos work well.
• Try to get the person to relax their hands in a natural way.
• Side angles are easiest.
• Hold the camera close to the subject, rather than zooming in.
• Be aware of shadows and move yourself or the subject to avoid them.
Additional tips:

• It takes time to develop a comfort level in using these interventions.

• Do not let your own stereotypes and discomfort prevent you from offering integrative techniques.

• It may take a few minutes of additional time, however the benefit is exponential compared to the amount of time spent teaching the techniques.

Documentation

• Recipient of intervention: patient or caregiver
• Symptom(s) treated
• Pre-intervention rating (0-10 scale)
• Modalities used
• Post-intervention rating (0-10 scale)
• Patient comments/Your observations
• Instruction or teaching provided
• Care Plan

Evidenced-Based Practice

• Research- demonstrating effectiveness

• PDSA Model

• Visual Analogue Scale
Pain (Symptom) Rating Scales

• Visual Analogue Scale [www.physio-pedia.com/Visual_Analogue_Scale]
• Numeric Pain Rating Scale (NPRS) [www.physio-pedia.com/Numeric_Pain_Rating_Scale]
• Wong-Baker FACES Pain Rating Scale

Biodots


PDSA Model

• Plan a change or improvement
• Do the improvement, make change
• Study the results and examine data
• Act to sustain performance and spread change
Using Integrative Modalities to Reduce Pain, Nausea, Stress and Anxiety in Hospice Patients and Caregivers

Cycle: April 14, 2015

PLAN (change or improvement)

The Problem:
In hospice care, pain, nausea, stress, and anxiety are common in both patients and caregivers. These problems can exacerbate other physical symptoms, reduce an individual’s ability to cope, and negatively impact quality of life and satisfaction.

Research evidence supports the use of integrative modalities such as aromatherapy, relaxation breathing, guided imagery, healing touch, and sedative music to relieve pain and nausea and promote relaxation and comfort.

Aim/Goal
The goal of this project is to reduce pain, nausea, stress, and anxiety in hospice patients and caregivers by utilizing a combination of aromatherapy, relaxation breathing, guided imagery, sedative music, and healing touch. The result should be improved quality of life and satisfaction for both patients and caregivers.

Team
Leaders:
- Kelly Hopper, M.D.
- Wanda Casey, MSW

Facilitators:
- Kathleen Blackwell-Plank, MSW, LCSW, ACCM
- Melissa Coursey, MSW, LCSW
- Joanna Buckley, M.Div., BCC
- Robin Hudson, RN, CHPN
- Karen Kaser-

Hospice & Palliative Care of Cabarrus County

The Interventions
Education on integrative modalities will be provided, and participants will give informed consent. Pre and post intervention measures of pain, nausea, stress, and anxiety will be obtained from participants on a self-reported scale of one to ten.

Interventions will be documented on the Integrative Session Documentation form and results will be tabulated. Satisfaction will be measured by likelihood to recommend measures. Data will be collected from 8/17/15 – 12/11/15.

STUDY (the results and examine data)

Graphs/Data:
See attached graphs.

87.5%
86.4%
85.71%
68.8%
38.0%
46.3%
36.36%
29.2%
0.0%
20.0%
40.0%
60.0%
80.0%
100.0%

Aromatherapy (n=16)
Relaxation (n=22)
Guided Imagery (n=14)
Music (n=32)

Integrative Modality Effect on Patient Pain/Discomfort Symptom
% of Patients with Reduced Pain after treatment
Average % of pain decrease

Improvement Process

- Utilized the Plan/Do/Study/Act (PDSA) model.
- Effectiveness of interventions were measured by obtaining pre and post ratings of symptoms using a 0-10 point scale.
- Offered multiple integrative modalities (aromatherapy, sedative music, guided imagery, relaxation techniques, energy techniques, healing art).
- Developed educational content, competency tools for teammates and educational handouts for patients and caregivers. Expanded program to Hospice of Union County.
- Partnered with Information Services to modify the visit assessment within the Hospice electronic medical record, which allows for accurate data collection.

Data for 2017

Modalities Used

<table>
<thead>
<tr>
<th>Hospice Service Line - Frequency of Integrative Modalities</th>
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<tbody>
<tr>
<td>Modality</td>
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<tr>
<td>---------------------------</td>
</tr>
<tr>
<td>Aromatherapy</td>
</tr>
<tr>
<td>Breathing Techniques</td>
</tr>
<tr>
<td>Guided Imagery</td>
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<tr>
<td>Modified Home Technique</td>
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<tr>
<td>Art</td>
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<tr>
<td>ESD Therapy</td>
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<tr>
<td>Neural Energy (Nerves)</td>
</tr>
<tr>
<td>Progressive Muscle Relaxation</td>
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<tr>
<td>Modified Vest Technique</td>
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<tr>
<td>Reflexology</td>
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</tbody>
</table>

DO (do improvement, make the change)

The Interventions
Integrative modalities will be provided to participants, and post and pre intervention measures of pain, nausea, stress, and anxiety will be obtained from participants. Participants will be provided with educational content, competency tools, and educational handouts. Participants will report on the effectiveness of the interventions, and results will be tabulated.

Lessons Learned
- 6 Integrative Champions with an additional 8 Integrative competencies completed
- 14 Clinical staff currently utilizing integrative modalities
- Provided Aromatherapy training to 20 teammates including Social Workers, Chaplains, Bereavement Counselors and Administrative Staff
- Representative serves on the NE Integrative Committee
- ACT to sustain performance and spread change

Next Steps
- Determine if need to expand to other areas or rework the cycle
- Make improvements to EMR documentation and reporting methods
- Training to be expanded to other disciplines within the agency

Graphs/Bar Graphs:

8/14/2018

24
Pain/Discomfort

44% decrease in Pain & Discomfort Symptoms after Integrative Modality Performed

Stress/Anxiety

54% decrease in Stress & Anxiety Symptoms after Integrative Modality Performed

Nausea

59% decrease in Nausea Symptom after Integrative Modality Performed
Disengagement / Social Withdrawal

- 52% decrease in Disengagement/Withdrawal Symptoms after Integrative Modality Performed

Overall Data

- 52.32% decrease in Disengagement/Withdrawal
- 55.15% decrease in Nausea
- 43.53% decrease in Pain/Discomfort
- 0% decrease in Stress/Anxiety

CAHPS Data

- 72% Help Provided for Feelings of Anxiety or Sadness in 2016
- 26% Help Provided in 2017

Data for 2017
**Champion Model**

- Identify leaders from all disciplines: nursing, social work, chaplains, bereavement.
- Obtain education, certification and continuing education in modalities.
- Champions serve as leaders and trainers for other clinical staff.
- Seek regional and national training & certification

**Develop Polices & Procedures**

- Scope of practice
- Training and competencies
- Vetted suppliers

**Grant Writing and Reporting Results**

- Utilize PDSA research project data to demonstrate effectiveness.
- Identify a potential grantor.
- Form a work group to draft proposal.
- Identify supplies and materials needed to initiate program.
- Develop budget
- Final data demonstrates the power of these modalities to enhance comfort and quality of life for patients/caregivers.
- Identify challenges, areas for improvement.
- Determine ways to expand and build program
Evidenced-Based Practice

- Creates a powerful justification for seeking more grant support
- Encourages administrative commitment
- Illustrates return on investment (ROI)
- Fits with agency goals: enhancing patient comfort, satisfaction and willingness to recommend

Marketing the Program

- Develop brochures to describe services and promote the program.
- Update Website to reflect unique services for patients and families.
- Look for opportunities to present at professional meetings and workshops.
Innovation and Excellence in Advanced Illness at End of Life

Resources

• Artisan Aromatics (oils used by Atrium facilities)


• www.liquidmindmusic.com free access via YouTube

Outcome Measures

• Brief Fatigue Inventory

• Pittsburg Sleep Quality Index

• Medical Outcomes Study 36-Item Short Form Health Survey (SF-36)

• Beck Anxiety Inventory

• Mini-Profile of Mood States (Mini-POMS)

• Derogatis Affects Balance Scale
Outcome Measures

- State Trait Anxiety Inventory
- University of Wales Institute of Science and Technology (UWIST) Mood Adjective Checklist
- Edmonton Symptom Assessment Scale
- Spielberger State-Trait Anxiety Index
- Beck Depression Inventory

Resource on Outcome Measures

Research article that demonstrates outcome measures of Integrative Modalities.

Breathing is Your Best Friend

Breath is the basic foundation of life and the master key to health and wellness. It is said to link body and mind together. Learn to regulate and develop your breath to improve not only your physical body, but your mental and spiritual being. Put your attention on your breath to reduce your stress and strengthen your immune system. Bringing awareness and focus to your breath is the first step to a healthier you. Practice some relaxation breathing every day.

Choose any one of the following breathing exercises to assist you in relaxation:

Relaxation Breath:
- Sit in a comfortable position.
- Close your eyes and take a few deep breaths in through your nose and out through your mouth.
- Then breathe regularly and focus your attention on your breathing.
- As you exhale, imagine that you are releasing all negative thoughts, tension, anxiety or any discomfort.
- As you inhale, imagine that you are breathing in positive, soothing air and sending it to the area of your body that needs it.
- Stay focused on your breathing for a few minutes.
- When you feel relaxed and quiet inside, slowly and silently count to 3 and open your eyes.

Regulation Breath: Sitting is the preferred position for this exercise.
- Exhale completely through your mouth making a swoosh sound.
- Next, close your mouth and inhale quietly through your nose to the count of 4.
- Hold your breath for a count of 4, or up to 7 if you can.
- Exhale completely through your mouth, making that swoosh sound for a count of 8, if you can.
- The cycle is considered 1 breath. Repeat the cycle 3 more times.
- The goal of this exercise is to lengthen the exhalation time to twice as long as the inhalation.

Abdominal Breath:
- Sit in a comfortable position or recline if you wish.
- Place your hand on your abdomen.
- Close your eyes and focus on your breathing.
- As you inhale, push your abdomen out.
- As you exhale, push your abdomen in.
- Try not to move your shoulders and upper chest with each breath.
- Practice for five minutes or until you feel relaxed.
Use of Essential Oils for Clinical Aromatherapy

Aromatherapy is the art and science of purposeful use of essential oils to maintain and restore health. It supports the physical, emotional, mental and spiritual aspects by affecting the whole person beginning at the subconscious level then spreading to the physical level.

Essential oils are extracted from plants. They are quickly absorbed by the body. It is not recommended to take oils internally. Aromatherapy is a complement to the treatment plan given by your physician, to improve relaxation and treat natural side effects that might occur during designated medical or surgical therapy.

Your session time will vary. You are encouraged to be in a comfortable position and gently inhale the oil of your choice for 3-5 minutes. Please tell the nurse if you have any allergies to plants or fragrances, before the introduction of the essential oils. Also let the therapist know if you might be pregnant.

We use essential oils that are 100 % pure. We offer a selection of five essential oils to aid in your healing process (Additional oils may be used by those with additional aromatherapy certifications).

These five oils are:

1. **Eucalyptus** essential oil is used to reduce pain, improve breathing, and improve mood.
2. **Ginger** essential oil is used to reduce nausea and vomiting, pain, and flatulence.
3. **Lavender** essential oil is used for relaxation, decreasing pain, anxiety, and agitation, promoting sleep and improving mood.
4. **Lemon** essential oil is used to reduce pain and anxiety, and elevate your mood.
5. **Peppermint** essential oil is used to relieve nausea, headache and spasms.

**Essential Oil Safety**

- Close container immediately after use
- Do not ingest by mouth
- Keep essential oils away from mucus membranes (eyes, lips)
- Caution with children and women who are pregnant
- If the essential oils get into your eyes, IMMEDIATELY flush with whole milk or whole cream and then rinse copiously with water.
- Wash your hands thoroughly after handling essential oils.
- Store away from fire or flame
- If the oil elicits an adverse reaction, administer inhalation of coffee grounds to dampen and reverse the reaction.