

# *EVIDENCE BASED PRACTICE*



The Use Of Mind Body Techniques  
To Increase Comfort In Hospitalized Children

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# *OBJECTIVES*

- ❖ Discuss the use of alternative therapies for pain control in pediatrics.
- ❖ Describe the role of the nurse in empowering patients and families to augment pain control strategies.
- ❖ Outline the steps of an evidence-based practice project.

# *BACKGROUND CLINICAL SIGNIFICANCE*

## ❖ **PROBLEM FOCUSED TRIGGERS**

- ❖ Patients using pain medication for coping and anticipatory pain
- ❖ Anxiety created by hospitalized environment
- ❖ Physiologic pain related to diagnosis
- ❖ Pain and anxiety related to procedures

## ❖ **KNOWLEDGE FOCUSED TRIGGERS**

- ❖ Treatment must be holistic to treat mind, body, & soul
- ❖ Support & strengthen self regulation and coping
- ❖ Patient empowerment becoming part of the team
- ❖ Use of positive hopeful language

# *PURPOSE OF THE PROJECT*

- ❖ Review evidence to bring research to the bedside
- ❖ Increase patient coping & empowerment resulting in increased comfort
- ❖ Our hope is by encouraging and teaching mind body techniques such as:

- ❖ ***ASSISTED RELAXATION***

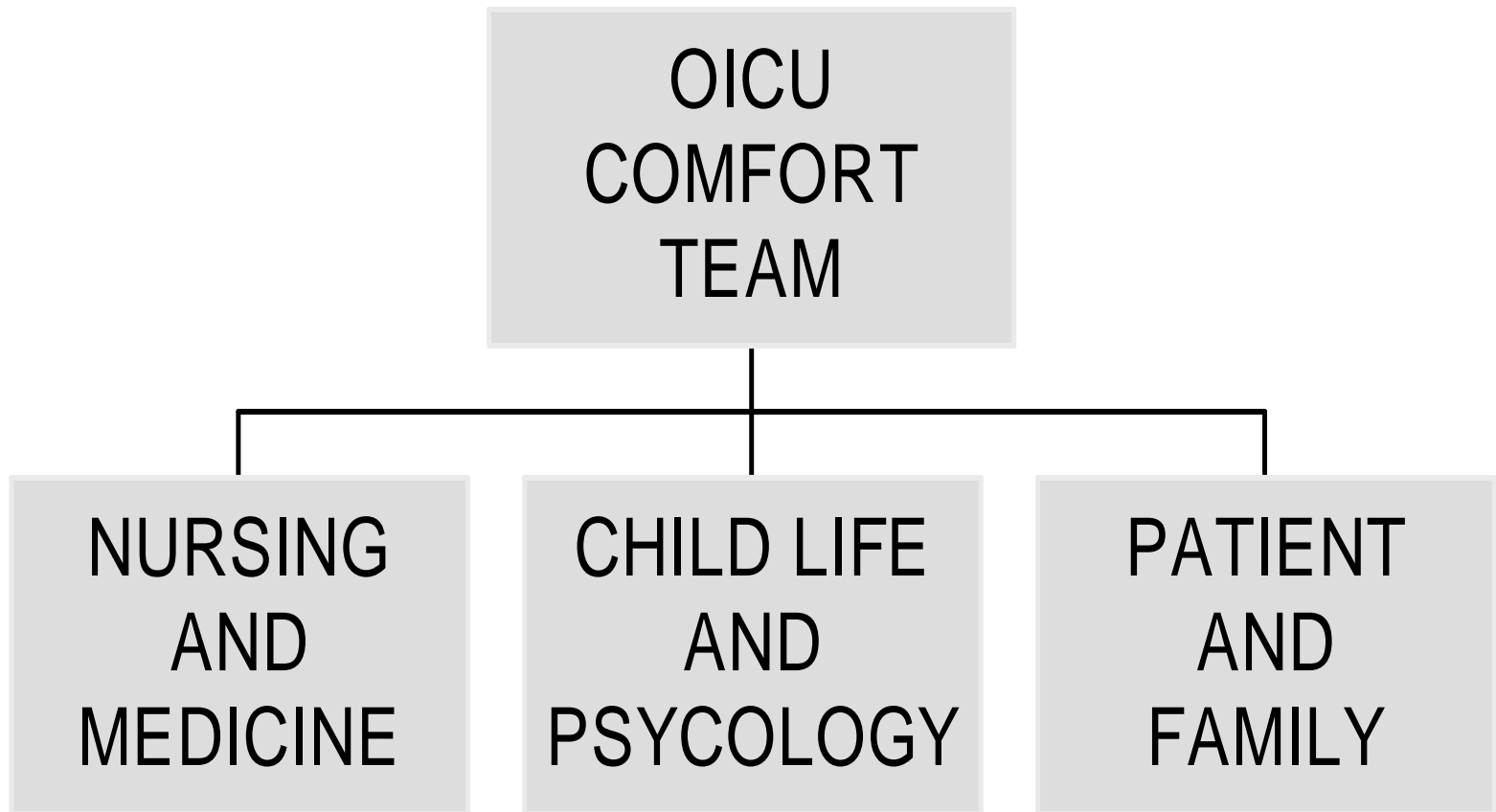
- ❖ ***GUIDED IMAGERY***

.....our patients will have improved comfort and increased patient satisfaction

# *CLINICAL QUESTION*

- ❖ (P) Among hospitalized pediatric patients
- ❖ (I) does treatment with mind body techniques such as assisted relaxation, guided imagery, or hypnosis
- ❖ (C) when compared with the standard treatment of distraction or medication alone
- ❖ (O) result in a hospitalization experience of improved comfort and less distress?

# *COMFORT TEAM*



# *BEST EVIDENCE*

- ❖ Search Cochrane, Ovid, and Medline
- ❖ Key words:
  - ❖ *Pain, imagery, hypnosis, pediatrics and relaxation*
- ❖ Seven studies published since 2003
- ❖ Quality of the evidence rated from I-VI
  - ❖ 3 systematic reviews
  - ❖ 2 randomized controlled studies
  - ❖ 1 retrospective chart review
  - ❖ 1 case controlled study

# *BEST EVIDENCE*

- ❖ 4 studies including two systematic reviews of cognitive behavioral techniques (Level 1)
  - ❖ All four studies suggested a significant to promising reduction in reported pain
    - ❖ Two studies indicated decrease in procedure time
- ❖ 2 studies addressing acute pain indicated promising evidence of decreased self reported pain and nausea (Levels 4&5)
- ❖ 1 Study of chronic pain Hypnosis was indicated to be an effective treatment in decreasing abdominal pain (Level 6)
  
- ❖ **Collectively, it was suggested that there is a positive correlation between mind body techniques and a reduction in reported discomfort.**



# *ADOPTING CHANGE INTO PRACTICE*

- ❖ **Evidence supports the use of mind body techniques to augment medication and provide increase comfort for the hospitalized child.**
  
- ❖ **RECOMMENDATIONS**
  - ❖ Address members of the unit CPC/PPC to discuss the formation of guidelines and/or policy and procedure
    - ❖ Develop plan accordingly
      - ❖ Establish guidelines and/or create policy and procedure by June 2008
      - ❖ Teach nursing staff mind body techniques by November 2008
        - ❖ Teach parents techniques that works well for their child
        - ❖ Encourage patients to practice and finally own these empowering techniques

# *MONITOR AND ANALYZE*

- ❖ Evaluate patient response (comfort, distress) through chart audits:
  - Patient self reports of pain and anxiety
  - Parental perception of pain and anxiety
- ❖ Evaluate patient response (comfort, distress) through Press Ganey Scores
- ❖ Evaluate nursing education/empowerment and response
- ❖ Costs associated with education

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# *Questions*

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