EVIDENCE BASED PRACTICE

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

Lori MacLean RN CPON
OICU
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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

- OICU COMFORT TEAM
  - NURSING AND MEDICINE
  - CHILD LIFE AND PSYCHOLOGY
  - PATIENT AND FAMILY
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 increased 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 work 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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REFERENCES

Questions

Lori MacLean, RN, CPON
Ext. 8515