

22ND ANNUAL PAIN
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ADDING BALANCE TO
PAIN MANAGEMENT
THROUGH HOLISTIC
NURSING
JUNE 7, 2024

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Margaret Scharback, RN, Reiki Master,
Clinical Hypnotist, Clinical Meditation &
Imagery

Christine Cirolli, RN, Yoga Instructor, Reiki
Practitioner

No conflicts of interest

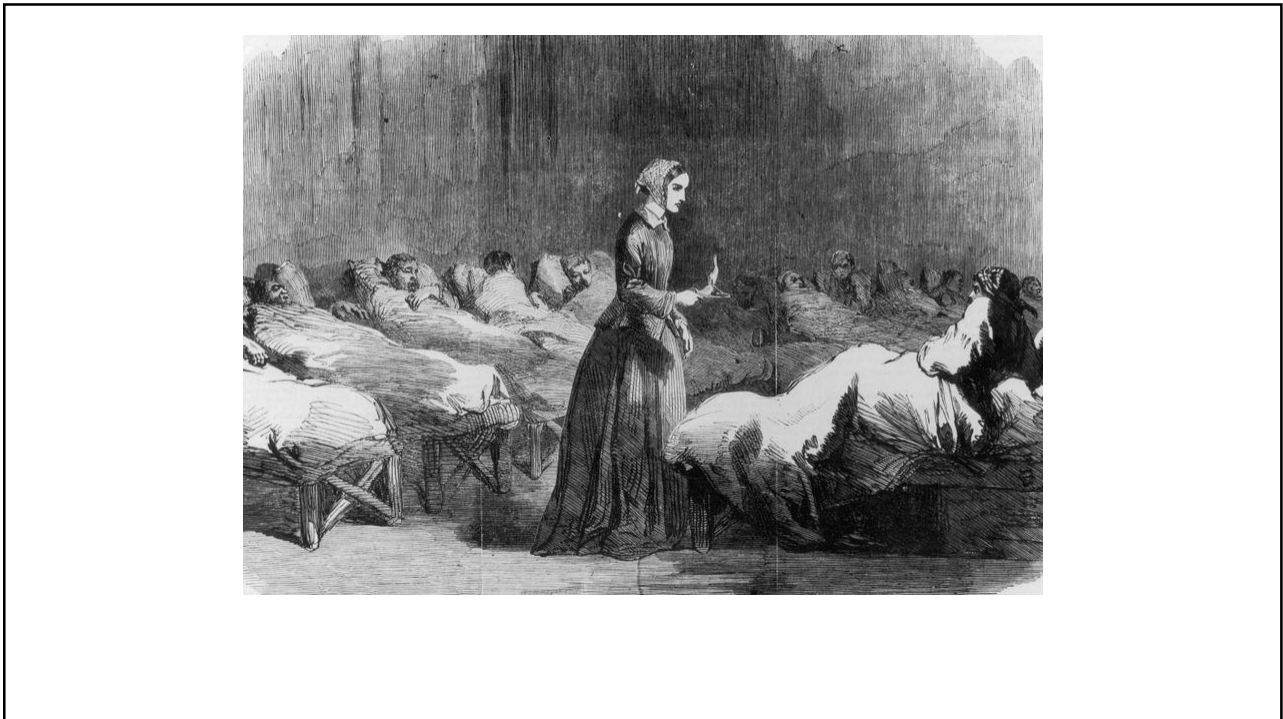
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- DISCUSS THE ROLE OF THE HOLISTIC NURSE IN THE CARE OF A HOSPITALIZED PATIENT WITH PAIN.
- EXPLORE THE APPLICATION OF HOLISTIC NURSING INTERVENTIONS TO MITIGATE PAIN.
- DISCUSS CLINICAL PRACTICE GUIDELINES RELATED TO THE USE OF NONPHARMACOLOGICAL PAIN CARE.
- DEMONSTRATE THE APPLICATION OF ONE HOLISTIC PAIN CARE INTERVENTION.

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AMERICAN HOLISTIC NURSES ASSOCIATION



AMERICAN
Holistic
Nurses
ASSOCIATION

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HOLISTIC NURSING DEFINED



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PATHWAY TO HOLISTIC

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HOLISTIC NURSING INTERVENTIONS

- ❖ AROMATHERAPY
- ❖ ACUPUNCTURE
- ❖ VIRTUAL REALITY
- ❖ FINGER LABYRINTH
- ❖ MEDITATION/MINDFULNESS
- ❖ REIKI
- ❖ HYPNOSIS
- ❖ EMOTIONAL FREEDOM TECHNIQUE
- THERAPEUTIC TOUCH
- ❖ YOGA
- ❖ GUIDED IMAGERY
- ❖ AROMASSAGE/M-TECHNIQUE

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HOW CAN HOLISTIC MODALITIES BECOME A THERAPY IN YOUR PLAN OF CARE?



Ask your nurse for a Holistic Nursing visit to discuss the appropriate plan available for you.

INTEGRATIVE PAIN MANAGEMENT PROGRAM

**MATHER HOSPITAL
NORTHWELL HEALTH**

75 North Country Road
Port Jefferson, NY 11777
Phone: (631)473-1320
Ext: 4839
Matherhospital.org

**Holistic
Therapy**

A complementary treatment



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WHAT IS HOLISTIC THERAPY?

Holistic Therapy focuses on the whole person. Holistic healing is a system of healing that seeks to achieve and promote optimal health by balancing body, mind, and spirit. Holistic therapy is used in conjunction with your medical plan of care. Healing takes a team approach involving you, the patient, your doctor, and your other health care providers. Holistic practitioners offer a variety of complementary therapies to promote well-being to achieve optimal health.



HOLISTIC MODALITIES:


- ◆ Aromatherapy
- ◆ Aromassage
- ◆ Chaplain Consult
- ◆ Emotional Freedom Technique
- ◆ Hypnosis
- ◆ Journaling
- ◆ Meditation including Guided Imagery, Finger Labyrinth, Mindfulness
- ◆ Music Therapy
- ◆ NP referred Acupuncture or TENS unit
- ◆ Reiki

These nonpharmacological modalities may be used for the management of distress related to pain and anxiety in accordance with professional nursing practice to create a healing environment. These therapies do not treat, cure or prevent a specific disease process, diagnosis or symptom.

WHO WILL ADMINISTER YOUR HOLISTIC THERAPY?

During your hospital stay Holistic Therapy can be administered by specially trained and certified therapists.

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- "An unpleasant sensory and emotional experience associated with, or resembling that associated with, actual or potential tissue damage," IASP 2020
- **Pain** is a complex experience that involves both physiological and psychological responses to a harmful stimulus.
- **Pain** can vary in intensity, duration and location, and can be influenced by individual factors such as emotions, expectations and beliefs.
- **PAIN IS INEVITABLE....SUFFERING IS OPTIONAL**

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Clinical guidelines supporting nonpharmacological



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PATHWAY TO HOLISTIC

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Aromatherapy Program

- Mather's 1st step towards Holistic Nursing Care initiated in 2014/2015
- Nurse-driven Intervention for pain, anxiety, nausea, sleeplessness
- Inhalation and topical application
- Step towards patient's becoming active partners in their symptom management
- Aromastick scent is chosen by the patient at the recommendation of the aromatherapy clinician
- Patient may use their aromastick as needed as a self-care modality

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NON-PHARMACOLOGICAL ORDER SET

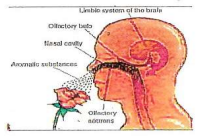
- Aromatherapy consult
- Ice pack
- Comfort menu (non-pharm pain education)
- Specialty channel with music/guided imagery/patient education

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How aromatherapy may work

- ◆ The sense of smell is very powerful
- ◆ Scent can alert us to danger such as the smell of smoke from a fire and the smell of sour milk
- ◆ Scent can remind us of happy times such as the smell of fresh baked cookies or your favorite home-made meal
- ◆ This link can allow users of aromatherapy to create a safe and pleasant experience through the power of scent
- ◆ Aromatherapy may cause you to breathe more deeply which may lead to feeling more relaxed
- ◆ This link can have a positive effect on the way you experience unpleasant feelings such as pain, nausea, worry, stress, sadness and sleeplessness

The Smell-Brain connection



Your hospital experience is important to us.
We care about your comfort.
We will work together to create a healing environment that puts you in control of your care



Ask your nurse about other self-care tools:
Comfort Menu
Mather Care's TV
Ice or Heat
Acupuncture
Reiki
TENS unit

Resources:

- ◆ <https://nccih.nih.gov/health/aromatherapy>
- ◆ Matherhospital.org
- ◆ NAHA.org

Integrative Pain Management Program
Marie O'Brien ANP-C
Patricia Dodd ANP-C, IAC
Marie Ishino ANP-C
Theresa Grimes FNP-C
Nina Garvin RN
Margaret Scharback RN

**AROMATHERAPY
IT MAKES SCENTS!**


**Mather Hospital
Northwell Health**

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What is Aromatherapy?
Aromatherapy is used to create a healing environment.

Important Facts

- ◆ Patients who have medical treatment may feel distress related to pain, nausea, anxiety, and sleeplessness
- ◆ Aromatherapy does not treat, cure or prevent a specific disease process, diagnosis or symptom
- ◆ **Self-care**
- ◆ Aromatherapy can help you to help yourself!
- ◆ We call this a "self-care tool"
- ◆ Self-care tools do not replace medical care
- ◆ These tools improve your ability to feel less worried, less stressed and more comfortable
- ◆ You may notice that it is easier to tolerate your symptoms when you are more at ease and in control
- ◆ Your nurse may ask your opinion about how you feel after you use your aromatherapy product



THE MIND-BODY CONNECTION

- ◆ Thoughts have power!
- ◆ The mind is connected to the body
- ◆ Aromatherapy is more helpful when used with other self-care tools such as deep breathing, listening to comforting music and thinking good thoughts
- ◆ These skills can be practiced before times of stress like surgery or being in the hospital
- ◆ Some patients have noticed that the use of self-care tools has made them "feel better"
- ◆ Some patients have noticed feeling more relaxed and comfortable after using lavender
- ◆ Other patients have noticed less nausea after using peppermint or mandarin

Safety


- ◆ Selection of your aromatherapy product was based on your likes/dislikes, allergies and intolerances
- ◆ Do not share your aromatherapy product with others
- ◆ You may bring your aromatherapy product home to continue your self-care practice
- ◆ Keep away from children and pets

Your own TOOL BOX

- ◆ You have been seen by a nurse who attended special training in the safe use of aromatherapy in a hospital or clinic setting
- ◆ You may use your aromatherapy product any time you would like to improve your comfort
- ◆ This is part of your self-care tool box!

Aromatherapy oils available at Mather Northwell Health are:

- ◆ Lavender
- ◆ Peppermint
- ◆ Mandarin
- ◆ Frankincense
- ◆ Tea Tree
- ◆ Jojoba



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PATHWAY TO HOLISTIC

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HOLISTIC NURSE CONSULT

- Nurse driven consult
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- Order through Electronic MR
- Focus is placed on patient preference
- Education provided r/t modalities collaboration
- Provide therapeutic presence
- Chart response in EMR – Integrative/Holistic Assessment Note

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Engaging staff to embrace their autonomy and clinical nursing judgement through the use of holistic nursing consults



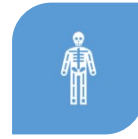
WHEN STAFF EMBRACE HEALTHY BEHAVIORS AND ENGAGE IN SELF-CARE PRACTICES, THEY ARE EDUCATED CONSUMERS OF THESE INTERVENTIONS AND CAN FEEL COMFORTABLE DISCUSSING THE BENEFIT AND REFERRING FOR NURSE-DRIVEN CONSULTS



RNS (NIGHTS AND DAYS DURING CHANGE OF SHIFT REPORT) WILL COLLABORATE WITH PATIENT TO DETERMINE IF A HOLISTIC NURSE CONSULT IS APPROPRIATE



INDEPENDENTLY ORDER CONSULT FOR POTENTIAL – AROMATHERAPY, AROMASSAGE OR M-TECHNIQUE, REIKI, CLINICAL HYPNOSIS, MINDFUL MEDITATION, CHAPLAIN, MUSIC THERAPY (MUSIC AND MEMORIES), PET THERAPY



RECOMMENDATIONS VIA SAM FOR INTERVENTIONS (NON-PHARM) SUCH AS ICE, HEAT, TENS, ACUPUNCTURE

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Made for *this*

The Sol space

A place for all team members to access well-being services

Private and group appointments available

Services include:

- Acupuncture
- Reiki/Reiki circle
- Hypnosis/guided imagery
- Yoga
- Mindfulness activities

Located on the first floor, down the hall from the Cafeteria & Conference Rooms 3, 4, 5.

Available for unit/department special recognition, celebration or need based programming

Questions?
Contact Marie O'Brien
m.obrien15@northwell.edu
ext 4839




Mather Hospital Northwell Health

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DISEASE OF ADDICTION



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mysurgerysuccess.org



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ACUPUNCTURE

- 2018 IRB approved research study on acupuncture for acute and chronic pain
- 2019 ASPMN Research Grant awarded - \$5000- feasibility study
- 2019 privileges granted for treatments
- Done at bedside or SOL space
- Research done with outpatients for disease of addiction - NADA clinic

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REIKI

- Reiki for nurses for several years
- 2019 Reiki Pilot with Total Joint Replacement
- 2021 Podium presentation at Magnet

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Mather Hospital
Northwell Health

Reiki: Decrease Opioid Usage in Elderly Joint Replacement Patients

A Collaborative Feasibility Study for the Mather Total Joint Replacement Program and Integrative Pain Management Nurse Practitioner Service

Maryann Goodman MSN, EMBA, RN, ONC; Margaret Scharback RN, Reiki Master Teacher; Patricia Dodd, MSN, ANP-C, LAc; Marie O'Brien MSN, ANP-C

MAGNET
ACCREDITED

PURPOSE AND BACKGROUND

To investigate the feasibility of implementing Reiki as a non-pharmacological modality to improve comfort, while decreasing opioid usage in the elderly postoperative joint replacement patient population.


The Joint Commission 2018 Standards for Pain Management recommend the integration of evidence-based, nonpharmacologic modalities for the management of pain and associated suffering.

Theoretical/Conceptual Framework

Martha Rogers' Science of Unitary, Irreducible Human Beings (1970) provides a basis for energy work exploration in nursing, founded on the principles that man and environment are energy fields in continuous interaction, and nursing practice must seek to strengthen the human energy field to maximize health potentials.

The National Center for Complementary and Alternative Medicine (NCCAM) places Reiki therapy in the in the category of biofield energy.

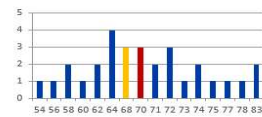
Health care environments should be places of human caring. Holistic nurses and integrative care practices are leading the way for contemporary health care institutions to become holistic places of healing.



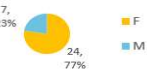
METHODS or APPROACH

- IRB approved pragmatic research study using a convenience sample of patients received a Reiki therapy treatment in addition to usual and customary standard of care before and after Total Joint Replacement surgery.
- Patients were identified during the Total Joint Replacement educational seminar.
- Informed consent was obtained from participants.
- Participants received a 10 – 20 minute Reiki treatment session in the pre-surgical treatment area (PST) prior to surgery.
- Participants received a 20 -30 minute Reiki treatment session in their private patient room on POD #1.
- Benefit and significance was determined through a series of valid and reliable tools to measure pain, pain self-efficacy and function
- Data collected on opioid utilization on POD #0 and POD #1.
- Defense and Veterans Pain Rating Scale (DVPRS), Numeric Rating Scale (0-10), Pain Self-Efficacy Questionnaire (PSEQ)
- Data was collected before and after treatments to identify trends in vital signs, opioid usage, adverse side effects of Reiki treatment and patient comments

Age Distribution



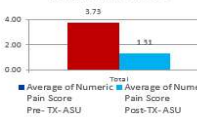
Subject Gender



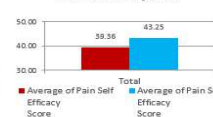
OUTCOMES AND IMPACT

- Scores on the Pain-Efficacy Questionnaires were higher after receiving Reiki. This finding suggests that subjects were confident that, in spite of some pain, they could actively participate with postoperative requirements.
- Decrease in Numeric Pain Scores & DVPRS after treatments
- Decrease in B/P and heart rate for most patients suggesting a relaxation response

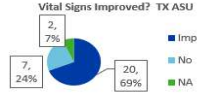
Numeric Pain Score TX- ASU




Pain Self Efficacy Score



Vital Signs Improved? TX ASU



Vital Signs POD1



LESSONS LEARNED

- Although valuable and beneficial, provision of complementary modalities (CAM) by a practitioner in the PST proves to be a challenge without a dedicated provider on standby due to the "fast-paced" nature of this clinical area
- Assigning a CAM provider to the PST may allow for a more relaxing experience for the patient and prevent time conflicts related to the OR schedule
- As a result of this study, our organization has embraced Reiki as a beneficial nurse driven caring intervention allocating resources to a Holistic Nursing Program.

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YOGA



- The word Yoga actually means “yoking” to bring together, the union of mind, body and spirit. This union is accomplished through physical body movements we all asana, control and direction of breath called pranayama and meditation.

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YOGA NIDRA



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