

# The Effect of Integrative Medicine Therapies in the Acute Care Setting

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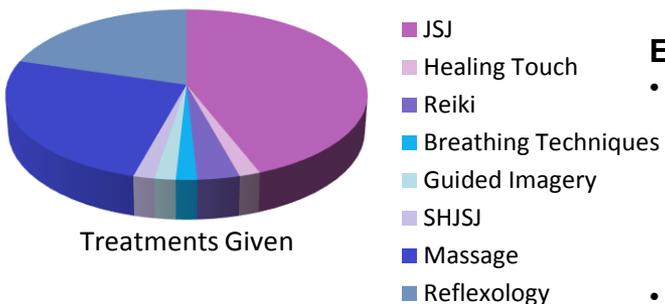
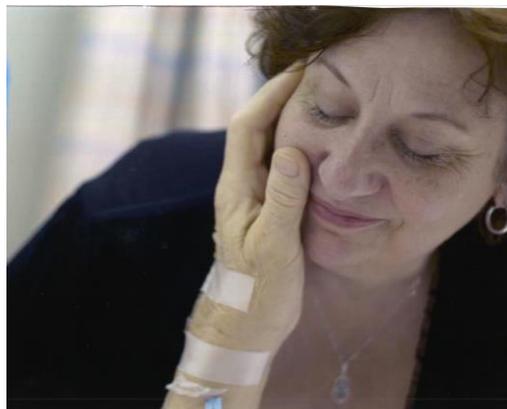
Atlantic Health Systems

*"Today is a better day. That was amazing! My heartbeat is pumping slower now." – Pediatric Patient*

## Introduction

We examined whether participation in Integrative Medicine (IM) services would decrease perceived pain, anxiety and nausea in the acute care setting.

- 14,581 Inpatient IM treatments were provided at Morristown Medical Center (Morristown, NJ) in 2013.
- IM practitioners worked in 23 units of a large tertiary care hospital.



*"This is the first time I have smiled today. My back pain and stress levels have decreased significantly."  
-ICU Patient*

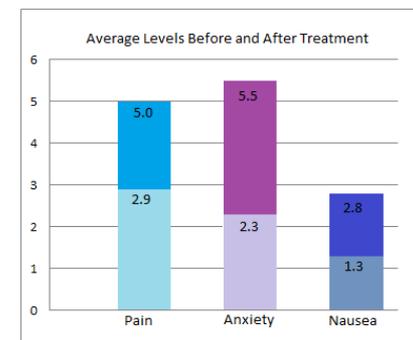
## Experimental Design

- Patients were given 1-3 treatment sessions (20 min in length).
- Most patients received only one session.
- Pre-post treatment self-report ratings of pain, anxiety and nausea were obtained via survey questionnaire.
- Complete data was collected on 13,606 treatments (93%) out of the total 14,581 treatments provided.

## Results

There were significant pre-post treatment decreases (Wilcoxon Signed Rank tests  $p < .001$  for all 3 tests):

- Pain (42% reduction)
- Anxiety (58% reduction)
- Nausea (54% reduction)



## Conclusion

Integrative Medicine treatments can be incorporated into conventional care in large hospital systems, with positive reported patient outcomes. Clinical Effectiveness studies on IM that also assess cost savings and the impact on length of hospital stay should be conducted.

*This research would not be possible without the support of our generous donors... Thank you!*