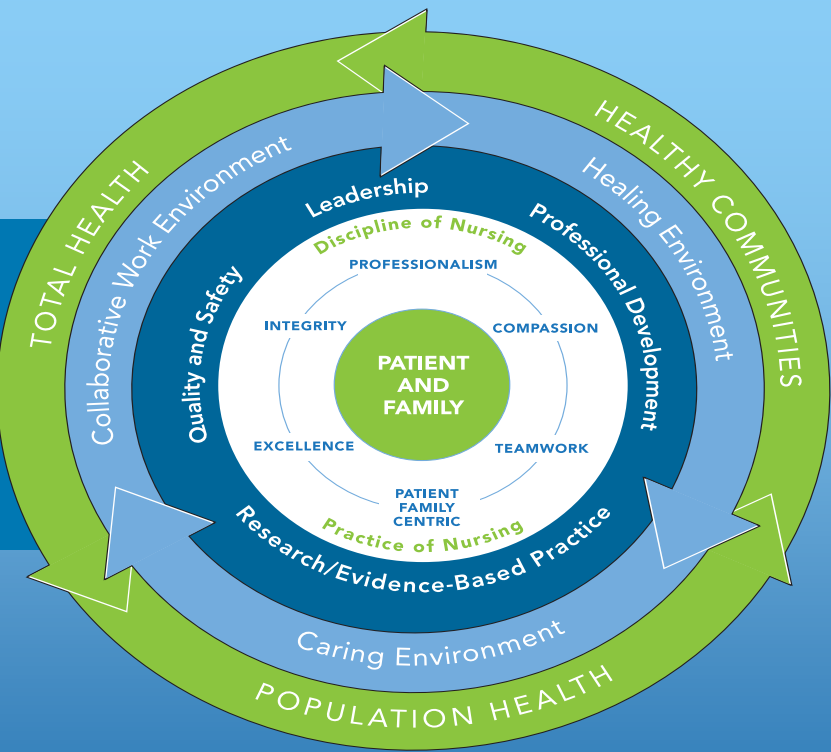


Guided Imagery and Its Effects on Preoperative Anxiety, Postoperative Pain, and Patient Experience

Kristie Silva, MSN, RN, PHN

Stockton Ambulatory Surgery Unit, 7373 West Lane, Stockton, CA, Central Valley Service Area

Culture of Excellence



INTRODUCTION

- Postoperative Pain is an inevitable consequence of surgery.
- The perception of pain can be an individual phenomenon with multiple intervention opportunities.
- Guided Imagery has been shown to minimize preoperative anxiety, which is an indicator of postoperative pain

Advantages include:

- Can be used as an adjunct treatment
- Non pharmacologic
- Is patient centered
- Nurse driven

PROBLEM

- Kaiser Permanente has identified pain management as one of its strategic priorities
 - Postoperative opioid consumption can lead to:
 - Decreased surgical plan adherence
 - Prolonged recovery periods
 - Increased falls
 - Increased risk of dependency
 - Decreased patient satisfaction

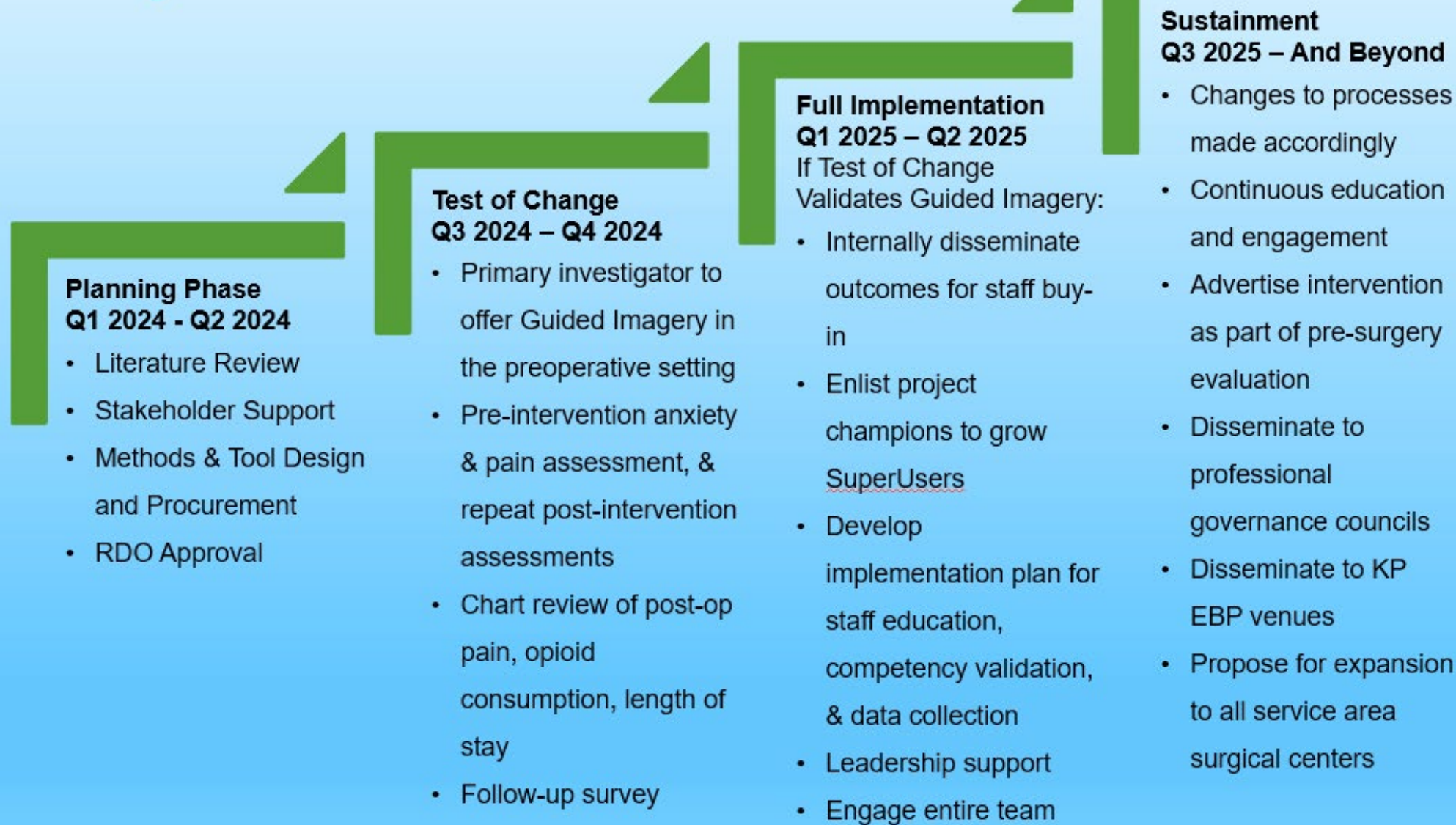
PICO(T) Question:

In postoperative patients, how does guided imagery, compared with standard practice, affect preoperative anxiety and postoperative pain?

METHODS

The idea of guided imagery began when frontline nurses struggled to find additional methods of treating postoperative pain, using sounds and music, paired with purposeful breathing to help redirect patients' minds. The spirit of inquiry began and was honed through an EBP workshop and subsequent fellowship.

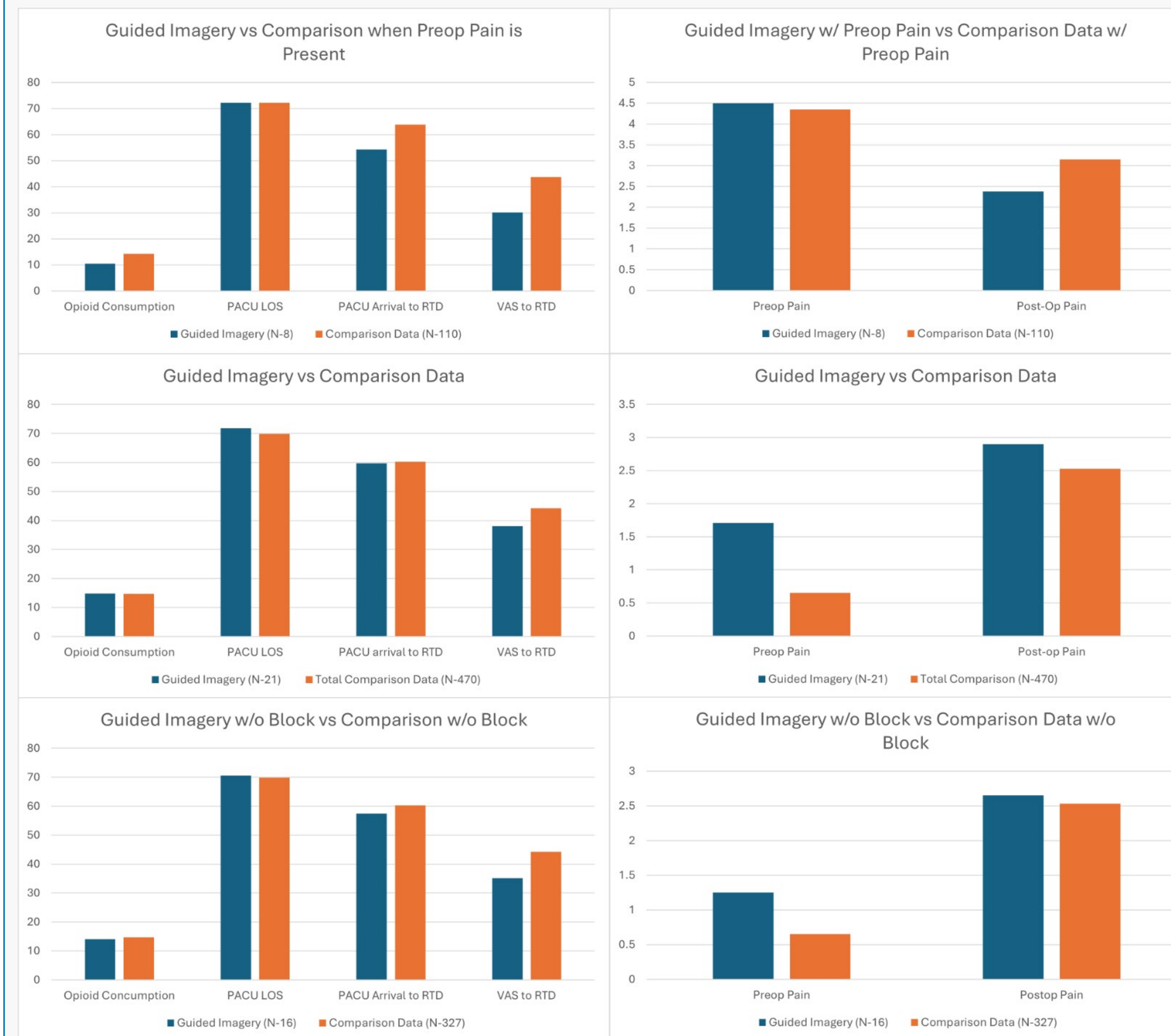
Project Timeline



RESULTS

- Pre-intervention anxiety (Possible 28 Points)
 - 9.05 point average
- Post-intervention anxiety
 - 4.90 point average
- An average reduction of anxiety of 4.15 points

RESULTS (cont)



What They're Saying

- "I actually think that it was very helpful. I would say that my surgical team was #1 and the guided imagery was #2, after meeting my team I was actually able to relax and hear the recording. I think that this is something that some people will poo poo on this but for the people who can be open, I really think this will be helpful."
- "Listening to the recording really helped me to tune out the sounds from the nurses and other patients, especially as they were talking about their own surgeries. Guided imagery really helped, and it was a great escape. I went back to teaching on Tuesday right after surgery. there's still pain but I'm wondering why I'm wearing a sling right now. I did a version of it on Friday when I interviewed for a position at the district office. The school district has started meditation this year with our teaching staff and students."
- "It was good. Might not be for everyone, but for me it helped."
- "The overall experience was good. It was calming and relaxing and it was something new."
- "It was like medical poetry."
- "Helped relax until the anesthesiologist came in."

IMPLICATIONS FOR PRACTICE

- The incorporation of guided imagery is shown successful in:
- Reducing the patient's preoperative anxiety
 - Decreasing readiness for discharge time
 - Decrease in opioid consumption in patients who present with preoperative pain or receive a nerve block
 - Decreased postoperative pain in patients who present with preoperative pain
 - Increased patient satisfaction

In order to solidify this innovation into practice:

- Incorporate screening for interest in guided imagery as a part of the pre-surgery evaluation
 - Patient interest
 - Service that allots implementation time
- RN Resource to assist with implementation in Preop

REFERENCES



Special thanks to Dr. Beverley Ingelson, Dr. Elisa Jang, Dr. Lisa Lommel, Shelly Owens, NM, Mike Lime, ANM, Lucia Paniagua, ANM, and all of the Stockton Ambulatory Surgery Nurses who helped to bring this project to fruition.

