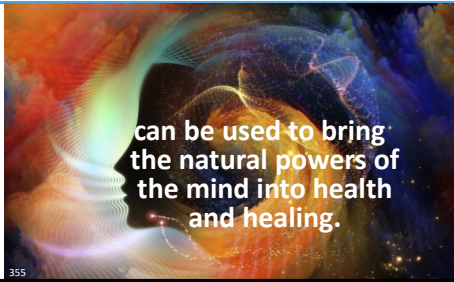


The power of the imagination
is constantly affecting
us all the time.



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Guided imagery...



can be used to bring
the natural powers of
the mind into health
and healing.

Health

Imagination

Every invention, anything ever
produced, any way of doing things
is a product of the imagination.

*"Imagination is more important
than knowledge." — Albert Einstein*



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Imagination is ...

- our ability to form mental images
- what we use to provide meaning to experience
- how we make sense of the world.



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Reality perceived through our senses

- external, internal sources
- past sensory data recorded in the cortex
- can be retrieved and reorganized in an infinite variety of ways.



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Imagery

- a thought process that produces a physiological response
- therein lies the power
- simple or complex
- accessible to anyone.



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Evidence-based practice

- surgery: pre and post-op procedures
- pain and opioid use
- anxiety
- oncology
- immune system functioning
- symptom management
- length of stay
- patient satisfaction
- non-medical purposes.

MH3

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Research

Evidence based:

Journal of Holistic Nursing, December 2017, "Guided Imagery for Pain Management in Postoperative Orthopedic Patients: An Integrative Literature Review", Carpenter, Justin, Hines, Sandra, Lan, Virginia

Conclusion: "Based on the evidence reviewed, it is recommended that guided imagery be used as an adjunct for pain management"

Pain Management Nursing, February 2019, "Relaxation Therapy and Guided Imagery for Postoperative Pain management: An Integrative Review.", Felix, Ferreira, da Cruz and Barbosa

Conclusion: "The knowledge synthesis from this study indicates that evidence could be identified on the use of guided imagery as a complementary approach to drug analgesia in postoperative pain control and strengthens its indication for nursing practice"

Orthopedic Nursing, September-October 2004, "The Use of Guided Imagery to Manage Pain in an Elderly Orthopaedic Population," Antall, Gloria, Kresevic, Denise

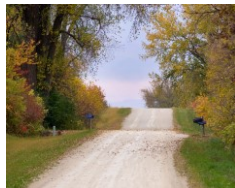
Summary: "There is a critical need to incorporate the use of guided imagery and other complementary therapies into all nursing curricula."

MH4

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Simple guided imagery techniques

1. Favorite/safe place
2. One minute technique
3. Dialing down pain



MH5

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Favorite place guided imagery

It is a technique that invites the mind to create a safe, comfortable place for relaxation—an image.

Relaxation breathing and progressive relaxation facilitate the use of imagery.

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Guided imagery- favorite place

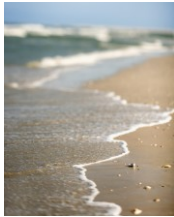
Assessment

- Discuss previous experience.
- Determine a method of relaxation—describe it.
- Clarify consent, establish safety.

Intervention

- Facilitate relaxed, inner-focused state.
- Develop special place—use their senses.
- Provide closure.

Evaluation

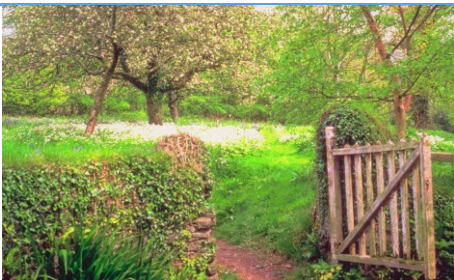


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What's your favorite place?

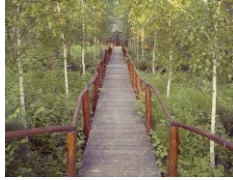


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Preparation for guiding

- center your attention, create an intention.
- create a safe environment.
- trust the process.



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Deepening favorite place

- eyes closed or gaze softened
- breathing: facilitates imagery
- progressive relaxation
- invitation to move out of the thinking mind



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Removing yourself- when guiding

- Always remove yourself from the experience
- Includes answering to a responses- such as "that's great", "perfect", etc.

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"Imagery in a minute"

"Where is your favorite place?"
 "If you could be anywhere else, where would you rather be?"



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"Imagery in a minute" technique

Remember: Take yourself out of the equation!

Ask questions like:

- What is it like there?
- Notice sights, color, textures, smells, taste, and sounds.
- How do you feel in this place?

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Practical tips

- Don't worry about "doing it right"—it works best when it is relaxed and unforced.
- The more senses you engage, the more vivid the experience (not just visual).
- Practice—skill levels and efficiency improve with practice.

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Language tips

- mirror/reflect their wording.
- pace yourself.
- remember less is better.

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Dialing down pain



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Dialing down pain: three steps

1. Create a dial or a rating scale preferably with a 1-10 scale
2. Determine a way to adjust it.
3. Find a way to lock it in place.



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Step 1: Create a dial or rating scale

- Use a relaxation technique.
- Picture the dial or rating scale, and focus on the image.
- Locate the level of pain on the dial or rating scale.



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Step 2: Adjust the dial or rating scale

- Slowly begin to adjust the dial or rating scale down.
- Continue to concentrate as you reduce the intensity.
- Notice the physiological response.

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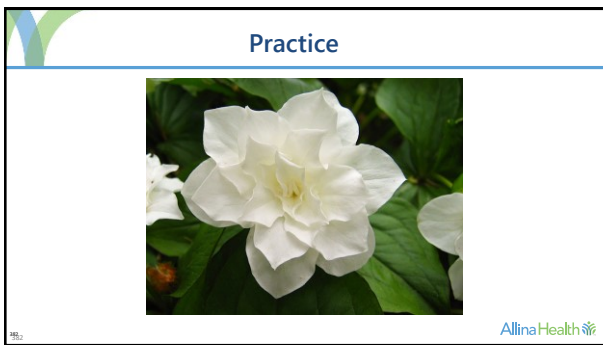
Step 3: Locking

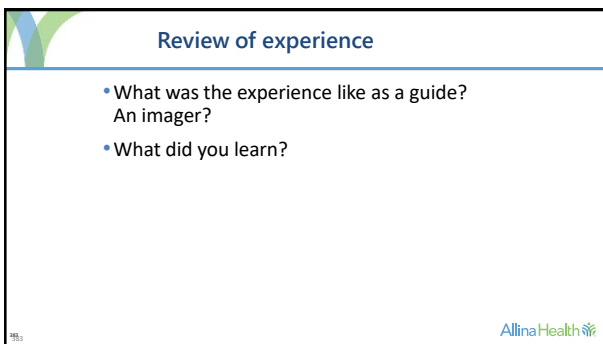
- As the pain continues to decrease, find the point that is tolerable.
- Ask if this is the point at which they want to stop dialing it down.
- When they reach a point of comfort, have them lock it in place.
- What image do they want to use to lock it in place.



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When wouldn't you use guided imagery?

- anxiety around imagery: nothing will happen—too much will happen
- personal or religious beliefs around the process
- medical consideration
- psychological considerations
- safeguards.

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Other Considerations

- music
- environmental noise
- falling asleep.

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Resources

Academy for Guided Imagery: <http://acadgi.com/>

Imagery International: <http://imageryinternational.wildapricot.org/>

"Self-Healing with Guided Imagery: How to Use the Power of Your Mind to Heal Your Body"

by Andrew Weil, Martin L. Rossman, et al.

"Staying Well With Guided Imagery"

by Belleruth Naparstek Also 'Pain' specific guided imagery recordings

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Thank you!

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8/8/7

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