
 **INTEGRATIVE THERAPIES**

Pain and symptom management is a priority at Pathways. As healthcare professionals, we work to relieve distress while respecting our patients' individuality. Integrative Therapies are a variety of methods to provide pain and symptom management without using medications. These methods can enhance traditional treatments by providing patients, caregivers, and clinical staff options that:

- Improve quality of life
- Promote positive coping skills
- Give a sense of control
- Can be taught to caregivers
- Decrease discomfort of disease and treatments
- Have few side effects

Relaxation Skills such as guided imagery use simple suggestions to guide the patient or family member to mentally create the physical or emotional changes they want to achieve. Relaxation techniques include massage, breathing exercises, progressive muscle relaxation, affirmations, imagery, hypnosis, yoga, tai chi, and chi gong.

Aromatherapy uses the scents of various plant oils to reduce symptoms such as anxiety, depression, and



nausea. A massage or bath using scented oil, such as lavender, enhances relaxation. Essential oils can also be used in a diffuser or by placing a few drops on a tissue.

Music is one way to connect with emotions in a safe and nurturing way. Music evokes emotions and stirs memories; it can help uncover buried feelings and may provide pleasant distraction in times of distress.



Bio-Energetic Techniques use energy for promoting wellbeing. These techniques include Reiki, healing touch, and therapeutic touch. Some are hands-on, and in some the hands are placed over but not touching the body. These techniques can be done with the patient fully clothed.

Animal Assisted Activities provide companionship and comfort to patients and caregivers. Sometimes people who no longer communicate will talk to a furry friend. Animals are safe, non-judgmental listeners and can bring warm moments of pleasure to patients.



Creative Expression uses our creativity to convey feelings. Creative activities may include memory books or boxes, poetry,

photographs, journals, puppets, storytelling, and physical movement.

Manual Therapies include activities such as massage or acupuncture. Pathways gets an order from your doctor before using these techniques to be sure there are no contraindications. For instance, it may not be a good idea to massage someone with blood clots in their legs.

Acutonics and Sound Healing are techniques to help reduce stress, alter consciousness, and create a sense of peace and wellbeing. Acutonics uses tuning forks on acupuncture points to rebalance and realign the body's energy fields. Sound Healing uses vibrations from crystal bowls, Tibetan bowls, bells, chimes or gongs.



 **PATIENT STORIES**

Vibrations to Ease the Pain

Writing was Sita's life. She was a prolific author with several published books. When she first came to Pathways, Sita was in a great deal of pain. She was unable to sit up, or concentrate or write. But she was so sensitive to medications that it was very difficult to manage her pain with drugs alone.

Pathways nurses Karen and Esther, one Sita's case manager and the other an Integrative Therapies specialist, worked together to find pain relief for her.

"Time and again we have found that integrative therapies complement clinical treatments by encouraging patients to relax their bodies naturally. These therapeutic disciplines noticeably reduce our patient's stress, anxiety and pain."

Karen and Esther tried several techniques before hitting on just the right combination—Reiki, Acutonics and aromatherapy.



"Acutonics worked the best," said Sita. "(It brought relief and enabled me to live as a creative being again. In fact, I just finished another series of memoirs!"

The goal of hospice is to help people continue their lives with as little disruption as possible, and Integrative Therapies help make that possible.

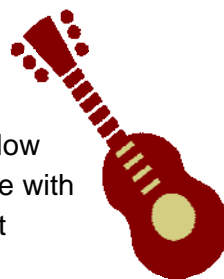
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Music to Soothe the Soul

Diagnosed with dementia, Bill had been living in a skilled nursing facility because his behavior was becoming combative. At 81, Bill had been married for 58 years.

Together with the family and the facility, the decision was made to try music to ease his agitation. When Emma first visited Bill, he was lying flat in bed with eyes closed, but with his arms in the air, hands clasped together, and flailing in a repetitive and exhausting motion.

Emma studied his movements and began to play her guitar, matching Bill's frantic rhythm. She made up a song and sang along, and bit by bit she slowed the music—and Bill began to slow his movements to keep time with her. Eventually he was just tapping his fingers.

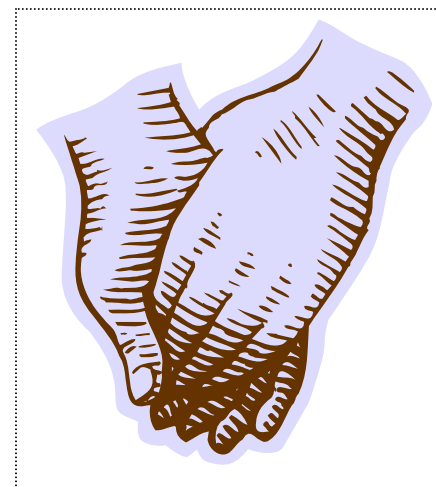


Then Emma played a sweet, slow lullaby and Bill stopped tapping and drifted into sleep. Emma left the room and when she checked back in 15 minutes she found Bill still peacefully dozing. Emma's music had eased Bill's emotional pain.

*Pathways Home Health
& Hospice
Community based, not for profit*



Integrative Therapies



*Nurturing Mind
and Body*