

Stress Reduction Session: Inpatient Psychiatric Unit

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5th Consecutive Designation

Objective

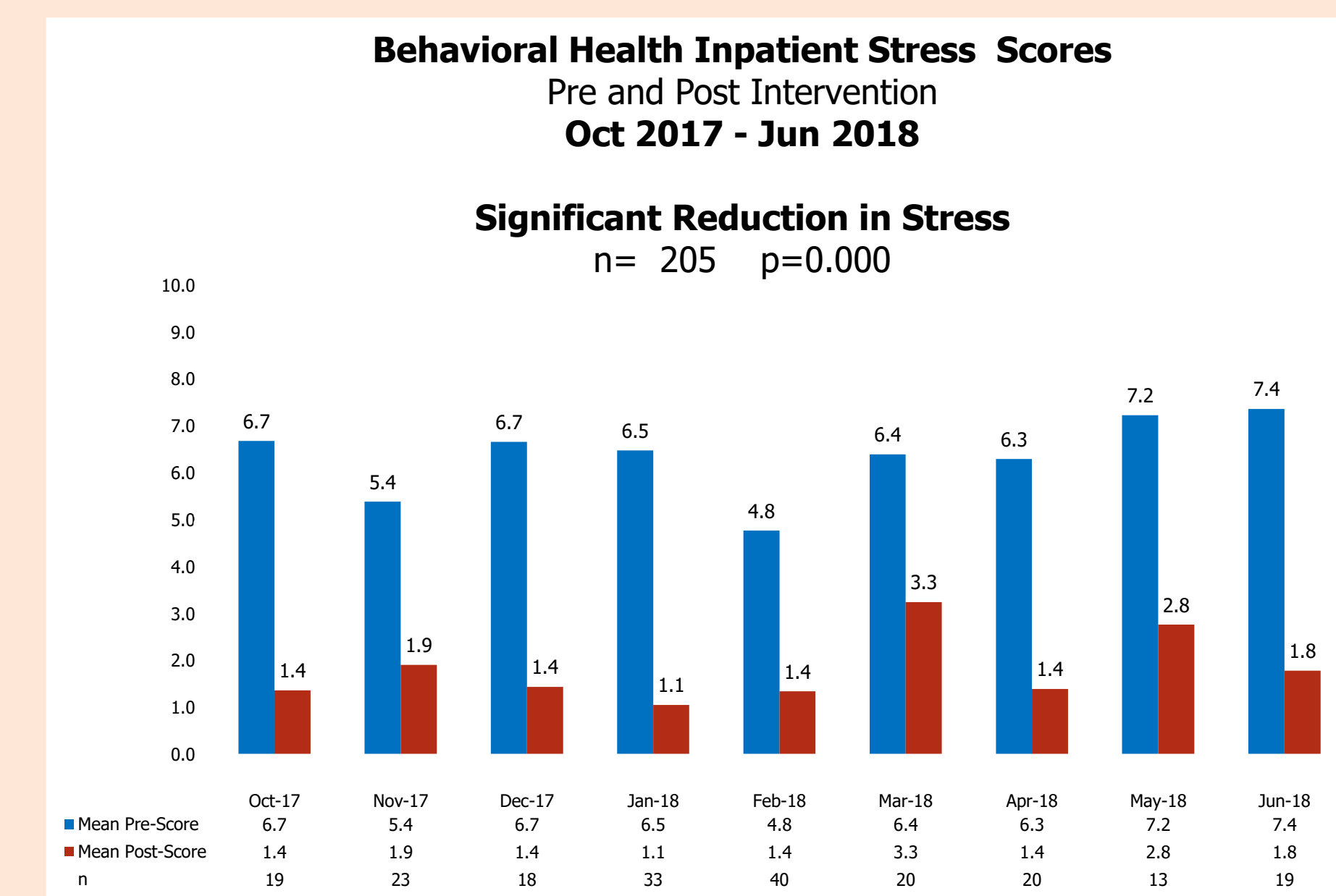
The aim of this session is to introduce patients of the Behavioral Health population to holistic modalities that can be used in conjunction with traditional medicine to relieve pain, stress, and or anxiety. This session will provide exposure and education of the staff, and patients to a basic knowledge of American Indian drumming with chanting of the Mantra Om Mani Padme Hum, Free Soul Technique, and Pranic Healing. Loving-kindness is the base of Pranic Healing which also aligns with Jean Watson's Nursing Theory.

Method

Patients were asked to attend the session by the staff.
Brief overview of session is explained to the patients, and they attended only if they wanted.
The session starts with the assessment of stress using the Likert scale 0-10 of each patient.
Drumming and chanting of Om Mani Padme Hum, Free Soul Technique.
Before Pranic Healing assessment of pain using the Likert scale 0-10
Pranic Healing is given as a group
Reassessment of stress and pain is done
Charted into the Electronic Health Record



Stress Reduction



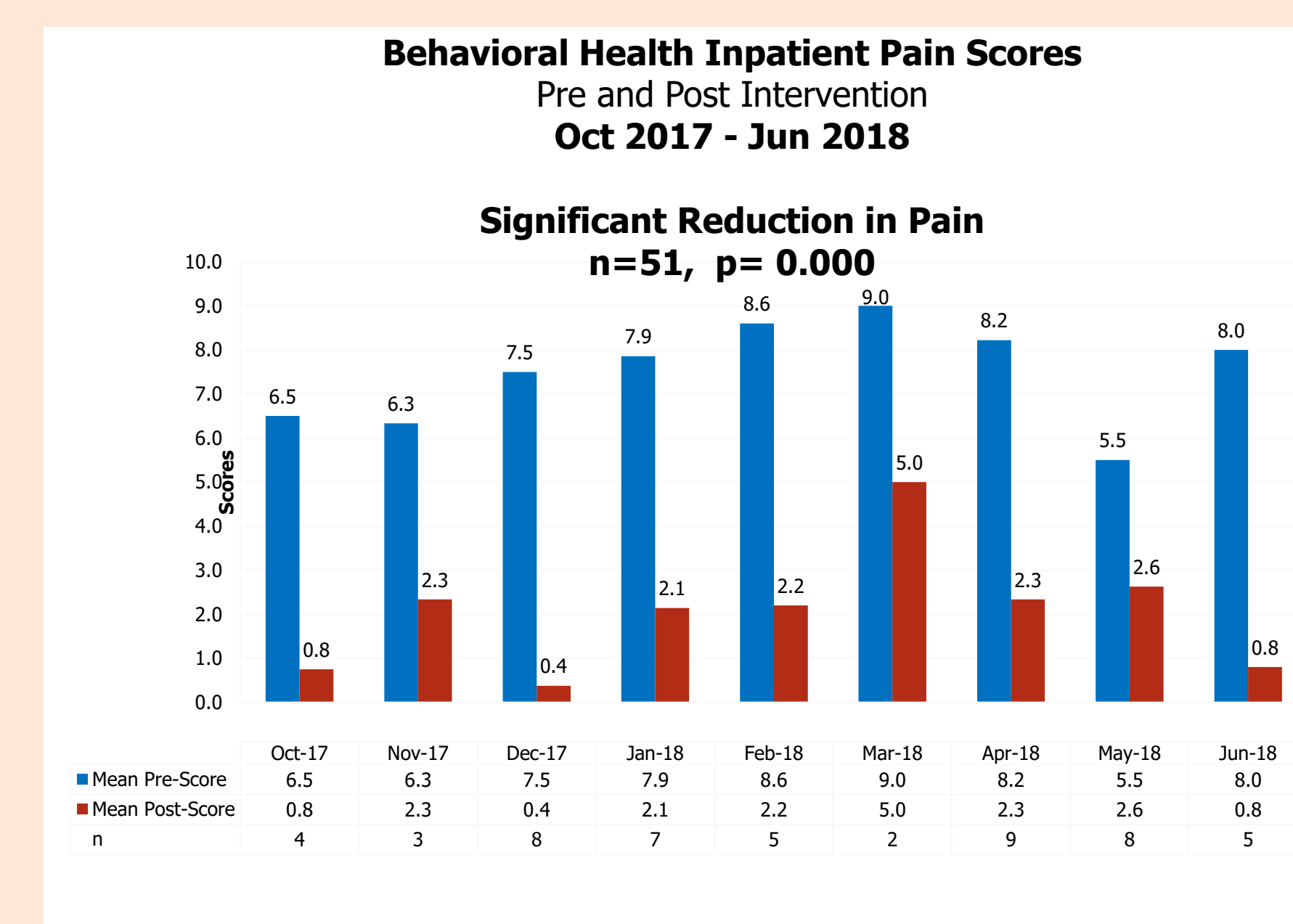
205 patients were assessed and had a significant decrease in their stress level.

p= < 0.000

Healing the Healers

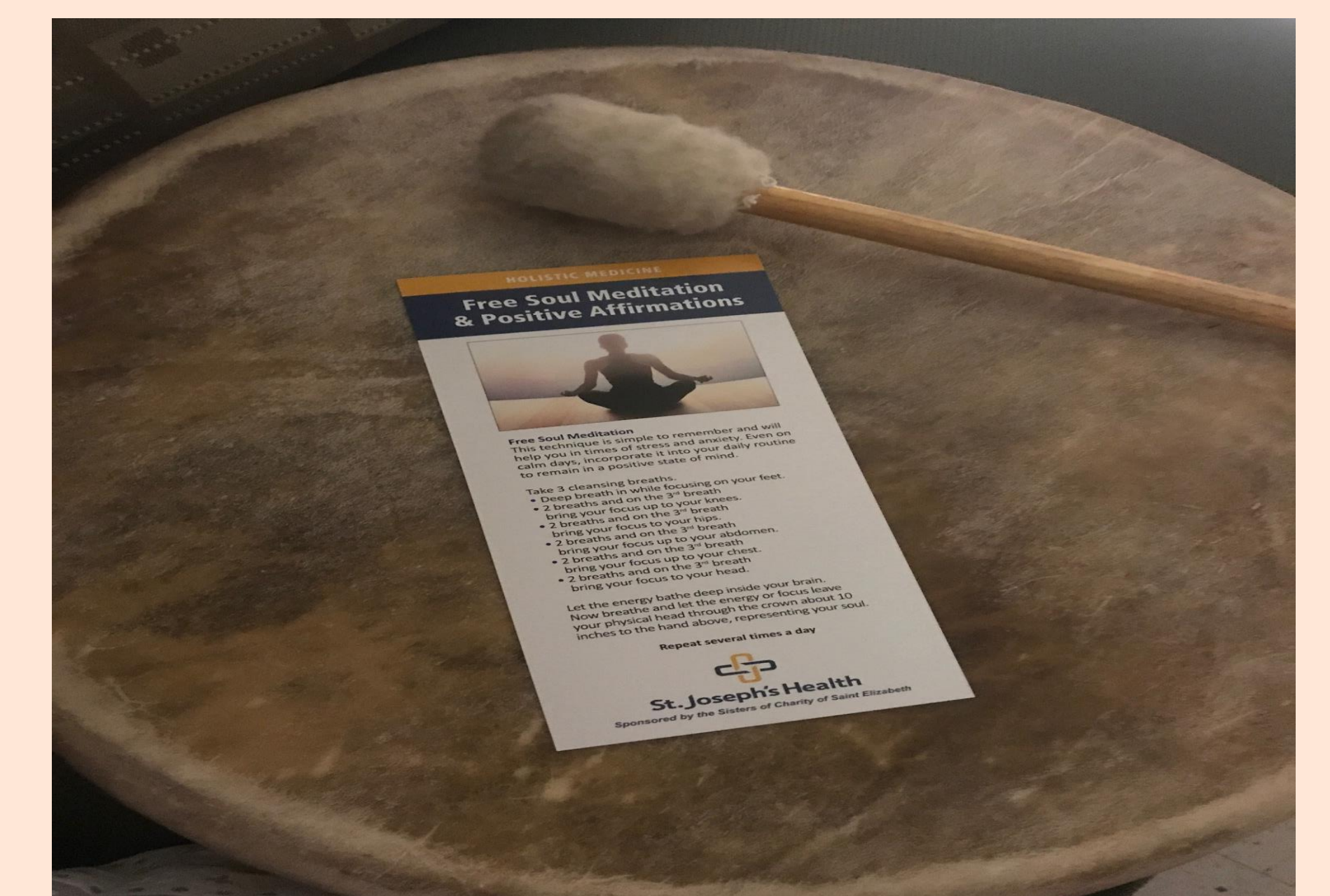


Pain Reduction



51 patients were assessed and had significant reduction in pain level

p= < 0.000



Conclusion

This stress reduction session is effective as shown by the data, and also by observations of staff.

Acknowledgements

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Kathy Faber MSN, RN, CNL
Clinical Nurse Leader
Maryanne Crowther, DNP, APN, CCRN
Nurse Practitioner, Critical Care

Purpose

To evaluate the use of Holistic Methods to Reduce stress in the population of Behavioral Health.

Hypothesis

Stress will be reduced during the Holistic session.