

The Effect of Integrative Medicine Therapies in the Acute Care Setting

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“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.

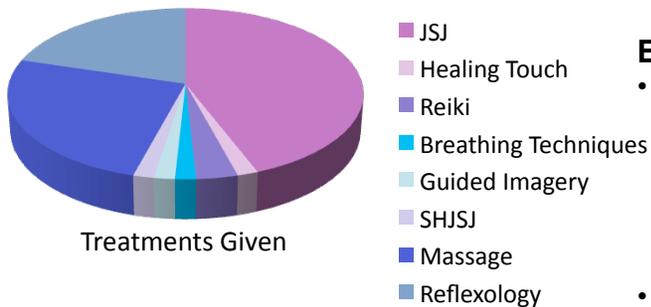
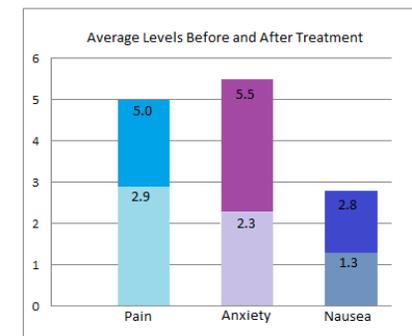
- 14,581 Inpatient IM treatments were provided at Morristown Medical Center (Morristown, NJ) in 2013.
- IM practitioners worked in 23 units of a large tertiary care hospital.



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)



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.

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

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