

Lauren Danford

SCHOOL	Willoughby South High School - Willoughby, Ohio
PROGRAM	Nursing Internship
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Research: A Look at Stress Reduction Outcomes Using Poetry Therapy on Geriatric Patients

Hypothesis: Stress is defined as an unpleasant state of emotional and physiological arousal that people experience in certain situations. The body's natural physiological responses to stress includes heart rate increase, muscle tension, and blood pressure increase. This research study assessed whether poetry therapy can reduce a patient's stress. We hypothesized that reading poetry to patients would decrease both their stress level and blood pressure.

Methodology: Blood pressure readings and a Likert-type scale were used to evaluate patients' sense of stress reduction before and after poetry readings. A subjective questionnaire was administered for patients to self-evaluate their stress levels for comparison with the objective blood pressure measurements. The data were analyzed to determine relationships between poetry reading and reductions of stress level and blood pressure.

Outcomes: Seven of the forty patients' blood pressures decreased with poetry therapy. The systolic BP decreased an average of 4.4 points and the diastolic 1.5 points. The patients' self-evaluated stress level decreased an average of 0.3. Overall, the experiment showed great promise for the field of poetry therapy in reducing blood pressure and stress. Reading poetry to patients is a great way to enhance the patient experience.



AWARD	Blue Ribbon
ARTIST	Emily Glassmeyer
SCHOOL	Garfield Heights High School
CITY	Garfield Heights, Ohio
TEACHER	Patricia Frame
INTERN	Lauren Danford
TITLE	<i>Untitled</i>
MEDIUM	Sculpture

ARTIST'S STATEMENT

The calligraphy pen and poem are meant to represent the poetry therapy which the research project showed had caused a drop in blood pressure and stress level in the geriatric patients studied. The pillow represents these patients. I used a blue pillowcase to represent the calming effect the poetry had on these patients.

AWARD	White Ribbon
WRITER	Taejuan Patrick
SCHOOL	Glass City Academy
CITY	Toledo, Ohio
TEACHERS	Lisa Slates and Nannette Keating-Glonek
INTERN	Lauren Danford
TITLE	<i>A Breath of Life</i>
GENRE	Poem

WRITER'S STATEMENT

My poem is about using a breathing technique to reduce stress. I chose this form of poetry because it has the same rhythm as breathing.

A Breath of Life

Close your eyes and close your mouth,
then use your nose to

Breathe in,

Breathe out,

Breathe in,

Breathe out,

and when you breathe out, you let
your pain release,
and let your sorrows decrease,
let your peace,
increase,
and marinate your mind with good
thoughts so your soul can feast.

Breathe in,

When you breathe in, you will find
serenity,
and tranquility.

This will give you the ability
to acquire some mental stability,

Breathe out,

Breathe in,

Now you borrow energy from nature
to create a world fit for you;
In this world there's nothing you can't do,
and you can say the sky is red and the
grass is blue,
for in this world whatever you say is true.

Breathe out,

You give back the energy to nature and
nature recomposes,
changing it in its ever increasing doses.
This cycle works as if it was osmosis,
and as your energy increases you use it to
focus.

Now repeat;

Close your eyes and close your mouth,
then use your nose to

Breathe in,

Breathe out,

Breathe in,

Breathe out.