Yoga and Transplant: the perfect cross match!

Justin Williams BSN, RN – Nurse Manager
Stephanie Benchwick, RN – Assistant Nurse Manager
Judi Barr E-RYT500 – Yoga Program Coordinator
Stress: We All Have It Right?

- What is stress?
- Stress (n): the physical pressure, pull, or other force exerted on one thing by another; strain.
- a specific response by the body to a stimulus, as fear or pain, that disturbs or interferes with the normal physiological equilibrium of an organism.
- physical, mental, or emotional strain or tension
How Does Stress Effect Patients and Staff?

• We all know that as health care providers, stress is an every day occurrence that we face
• Stress effects the healing process of patients and ultimately prolongs their hospital stay
• Pain, anxiety, and fear are the top 3 reasons patients feel stress while in a hospital
• Communication and explanation of processes eliminates anxiety and fear
• How do you control pain in a patient population who can’t take large amounts of medication after surgery???
The Lingering Questions...

• Can we develop alternative means of pain control, other than with medication, in post operative liver, kidney, and intestinal transplantation patients?
• If so, what would this entail?
• Who would be involved?
Pain History Example (Liver Transplant)
The Process...

- Multidisciplinary approach in developing a program utilizing established resources providing modified yoga stretching and meditation as alternative means to pain and stress.
- Key players:
  - Cleveland Clinic Wellness Center staff
  - G101 Management Team
  - Staff surgeons
  - G101 nursing staff
Steps

• 1. Multidisciplinary team met to discuss program and how each key member will contribute to its success

• 2. Wellness Center team spent time on G101 unit learning about patient population, wounds, current pain management, and movement restrictions

• 3. Modified stretching program developed with approval from staff surgeons involving light “yoga” that can be done in a chair to provide comfort and support to patients participating without compromising wound integrity

• 4. Established pre/post questionnaire created to evaluate program success and allow adjustments throughout pilot
Pre/Post Program Questionnaire

C101 Yoga/Relaxation

Date: ____________________  Bedspace: ____________________

Pre-pain assessment (circle one):

Pre-anxiety assessment:
What would you rate your current anxiety? (1-10)
1 = not anxious  10 = extremely anxious

Pre-vital signs:

Post-pain assessment (circle one):

Post-anxiety assessment:
What would you rate your current anxiety? (1-10)
1 = not anxious  10 = extremely anxious

Post-vital signs: