Guided Imagery for Pain Control

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Guided imagery is considered a non-pharmacologic modality as well as complementary and alternative medicine, as listed by NCI. NCI (2012) describes it as “imagining scenes, pictures, or experiences to help the body heal” (Mind-Body Medicines section). A typical guided imagery intervention uses relaxation techniques and a description of mental images (Astin, Shapiro, Eisenberg, & Forys, 2003). Significant evidence exists to support the use of guided imagery in the management of cancer-related pain (acute and chronic), as well as cancer treatment-related anxiety, nausea and vomiting, and depression (Kwekkeboom, Cherwin, Lee, & Wanta, 2010; Portenoy, 2011; Roscoe, Morrow, Aapro, Molasiosit, & Olver, 2011). A comprehensive meta-analysis by Deng and Cassileth (2013) found evidence of efficacy in the use of guided imagery as adjunct therapy for disease- and treatment-related cancer symptoms.

Problem Identification

Managing pain is a top priority for oncology nurses. Pain medications, as a single mode of therapy, may fail to eliminate pain; a combination of approaches is needed for relief (Gatlin & Schulmeister, 2007). Therefore, adjunct methods are frequently recommended (Pasero & McCaffery, 2011). The policy and procedure on pain control for the authors’ institution notes, “Use non-drug interventions such as exercise, positioning, heat/cold, music, imagery, etc., as part of the pain relief program” (City of Hope, 2013, p. 4). To evaluate how well pain is managed, the authors conducted a periodic pain survey throughout the year of 2012. As a part of this survey, inpatients were interviewed and asked questions about how well their pain was managed while in the hospital, and the survey showed that 42% of patients were offered non-medication options for pain relief. This question prompted interest in offering guided imagery to patients. When asked why alternative methods were not being offered, some nurses stated that they were aware of other methods to control pain but were uncertain of how to implement them. Nurses expressed a desire to learn about alternative modalities. Recognizing this knowledge deficit as a barrier to evidence-based practice, the authors developed the pilot program described in the current article.

Methods

The authors’ aim was to test the feasibility of a nurse-led guided imagery intervention on two medical oncology inpatient units. Seven nurses responded to an email invitation and volunteered to participate in the pilot. The project