The Guided Imagery in Comfort in Palliative Care

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BACKGROUND

Scientific evidence supports the Guided Imagery (GI) has shown great potential in different areas. Nevertheless, in the context of palliative care (PC), the understanding about its effect on comfort is scarce. If it turns out to be possible to show that the GI is effective in this population, its implementation may develop into a significant increase in comfort.

AIM

Evaluate the effect of a GI program in the comfort of Palliative Care Unit (PCU) inpatients.

1º STUDY1,2 Scoping Review using the guideline of the Joanna Briggs Institute to map the non-pharmacological interventions of comfort patients in PC.

2º STUDY3 Phenomenological study to understand the comfort and discomfort experienced by inpatients at PCU.

3º STUDY4 Translation, adaption and validation the Hospice Comfort Questionnaire for use in the context of PC Spanish.

4º STUDY Develop a GI script as intervention of non-pharmacological comfort in patients hospitalized in PCU, based on the literature review on GI, information from previous studies, and suggestions from PC experts.

5º STUDY Quasi-experimental study designs of one-group pretest-posttest will be developed.

RESULTS

This study’s results will provide: a mapping of the research activity on non-pharmacological interventions for patient comfort in palliative care; understand comfort experience from PCU inpatients; diagnostic and assessment of comfort interventions tool, a complementary intervention that aims to provide comfort, as well as the assessment of its effectiveness.

CONCLUSIONS

It is important to develop and implement complementary interventions that are economical, easy to learn and to supply which require little effort on the part of patients and that provide comfort, based on a solid methodology, in order to perform interventions in sync with the vulnerability of patients with incurable and advanced disease. Preliminary results show an increase in patient comfort after the intervention with GI.

PUBLISHED RESULTS

1. Coelho, A; Parola, V; Cardoso, D; Escobar, M; Apóstolo, J. 2016. “The use of non-pharmacological interventions for the comfort of patients in palliative care: a scoping review protocol”, JBI Database of Systematic Reviews and Implementation Reports 14, 2: 64 - 77. DOI: 0.11124/jbiss-2016-2440.