

Guided Imagery & Post Op Pain

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This randomized, controlled clinical trial from Concord Hospital, New Hampshire, tests the effect of two mind-body-spirit nursing interventions - guided imagery and music therapy - on postoperative pain, postoperative nausea and vomiting (PONV), and length of stay, in 84 patients undergoing gynecologic laparoscopy.

During the perioperative period, patients were randomly assigned to one of 3 interventions: guided imagery audiotapes (GI), music audiotapes (MU), or standard care (C), and outcome measures were evaluated.

Results indicated that patients in both the guided imagery and music groups had significantly less pain on PACU discharge to home than the patients in the control group.

These findings suggest that both guided imagery and music are effective strategies in improving pain, a difference that becomes apparent when the patient is ready to be discharged. The authors suggest that perhaps these interventions act as distractions in reducing the report of negative postoperative outcomes.

Citation: Laurion S, Fetzer SJ. The effect of two nursing interventions on the postoperative outcomes of gynecologic laparoscopic patients. *Journal of Perianesthesia Nursing*. 2003 Aug; 18 (4): pp.254-61.
