

Cognitive Preparedness and Surgery

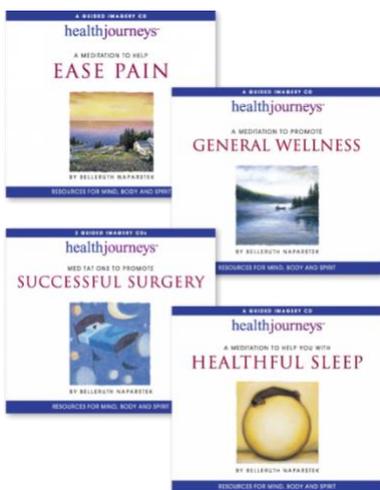
Surgery can cause patients to feel anxious, overwhelmed, and scared. High levels of pre-operative anxiety are associated with poor surgical outcomes, impacting wound healing, pain, length of stay, and functional status.¹ Prehabilitation studies incorporating anxiety reduction techniques have demonstrated improved quality of life, reduced pain severity, and improved post-surgical functional status.²

What is guided imagery?

Guided imagery, or guided meditation, is a form of relaxation involving all of the senses that aims to reduce anxiety and create a positive focus. Guided imagery consists of a series of audio recordings that help the patient create mental images to stimulate focused relaxation and enhance physical and emotional wellbeing. In randomized and cohort studies, guided imagery has demonstrated



decreased pain and opioid use,³ as well as high levels of satisfaction and an average savings of \$2000 per procedure.⁴



ISQIC + Health Journeys

ISQIC has partnered with Health Journeys, a multimedia publishing company established by guided imagery pioneer Belleruth Naparstek, to offer its hospitals access to a selection of their guided imagery. Recordings will focus on preparing for surgery, easing pain, and smoking cessation. Each hospital will receive access to its own personalized streaming website, designed to be easily shared with patients. Hospitals will also have access to aggregate data reports showing landing page traffic and track usage.

Sample streaming page:

Northwestern Medicine Northwestern

Guided imagery is a gentle but powerful technique that focuses the mind in positive ways to promote mental and physical health and wellbeing. It's designed to drive attention inward, so listeners can experience relaxation, healing, learning or change.

Guided imagery and meditation are easy, you don't need any training or practice, it's autonomous & self-administered, it's available when other modalities aren't - 24/7.

Once you begin playing a track, additional tracks will stream consecutively until you reach the end of a title. Streaming will continue even if your device goes to sleep.

Meditations

- A Guided Meditation for Healthful Sleep** ▶ Play ▼
★★★★★
By: Belleruth Naparstek
- A Meditation to Promote General Wellness** ▶ Play ▼
★★★★★
By: Belleruth Naparstek
- Guided Meditations to Promote Successful Surgery** ▶ Play ▼
★★★★★
By: Belleruth Naparstek
- A Meditation to Help Ease Pain** ▶ Play ▼
★★★★★
By: Belleruth Naparstek

Guided imagery is not a substitute for medical treatment. Do not use while driving or operating machinery.
A high speed connection is recommended for downloading large files. Downloading audio files with a dial-up connection may take several hours.

Sample data reports:

Landing Page Traffic

Line chart showing traffic from Feb 1 to Nov 16. Y-axis ranges from 0 to 20.

Total Events

Line chart showing events from Feb 1 to Dec 31. Y-axis ranges from 0 to 30.

Sessions	925
Unique Pageviews	1,874
New Users	454
Avg. Session Duration	00:07:14

Total Tracks Started:	782
Total Tracks Completed:	556
Total Titles Completed:	45

Highest Track Completion

Event Label	Event Action	Total Event...
1. UCSF Doherty Center - Guided Meditations/Imagery - A Guided Meditation for Healthful Sleep - Guided Imagery	Track Completed	108
2. UCSF Doherty Center - Guided Meditations/Imagery - A Guided Meditation for Healthful Sleep- Music	Track Completed	87
3. UCSF Doherty Center - Guided Meditations/Imagery - A Meditation for Relaxation & Wellness - Guided Imagery	Track Completed	33
4. UCSF Doherty Center - Guided Meditations/Imagery - A Meditation to Help Ease Pain- Pain 2 (G)	Track Completed	32
5. UCSF Doherty Center - Guided Meditations/Imagery - A Guided Meditation for Healthful Sleep- Intro	Track Completed	31
6. UCSF Doherty Center - Guided Meditations/Imagery - A Meditation to Help Ease Pain- Pain 3 Affirmations	Track Completed	27
7. UCSF Doherty Center - Guided Meditations/Imagery - A Meditation for Relaxation & Wellness- Affirmations	Track Completed	27
8. UCSF Doherty Center - Guided Meditations/Imagery - A Meditation to Help Ease Pain- Pain 1 Intro	Track Completed	21
9. UCSF Doherty Center - Guided Meditations/Imagery - A Meditation for Relaxation & Wellness- Intro	Track Completed	20
10. UCSF Doherty Center - Guided Meditations/Imagery - A Meditation to Help You with Chemotherapy for Cancer - Chemotherapy 2 (G)	Track Completed	17
11. UCSF Doherty Center - Guided Meditations/Imagery - Guided Imagery for Posttraumatic Stress- Healing Trauma - Affirmations	Track Completed	14
12. UCSF Doherty Center - Guided Meditations/Imagery - A Meditation to Help You with Chemotherapy for Cancer - Chemotherapy 2 Affirmations	Track Completed	12
13. UCSF Doherty Center - Guided Meditations/Imagery - Guided Imagery for Posttraumatic Stress- Healing Trauma - Intro	Track Completed	12
14. UCSF Doherty Center - Guided Meditations/Imagery - A Meditation to Help You with Chemotherapy for Cancer - Chemotherapy 1 Intro	Track Completed	11
15. UCSF Doherty Center - Guided Meditations/Imagery - Guided Imagery for Posttraumatic Stress- Healing Trauma - Guided Imagery	Track Completed	11
16. UCSF Doherty Center - Guided Meditations/Imagery - Guided Imagery for Posttraumatic Stress- Healing Trauma - Affirmations aghw001	Track Completed	10
17. UCSF Doherty Center - Guided Meditations/Imagery - Guided Self-Hypnosis to Foster Healthy Self-Defense - Self-Defense 2 Lung (B)	Track Completed	9
18. UCSF Doherty Center - Guided Meditations/Imagery - Meditations to Promote Successful Surgery - Surgery (I) (14-18)	Track Completed	8
19. UCSF Doherty Center - Guided Meditations/Imagery - The Sleep Fairy: Guided Relaxation for Children - The Sleep Fairy Guided Relaxation for Children	Track Completed	6
20. UCSF Doherty Center - Guided Meditations/Imagery - A Meditation to Help Believe Headaches- Headache Relief Intro	Track Completed	6

References:

- Rosenberger PH, Jokl P, Ickovics J. Psychosocial factors and surgical outcomes: an evidence-based literature review. *J Am Acad Orthop Surg.* 2006;14:397-405.
- Carli F, Gillis C, Scheede-Bergdahl C. Promoting a culture of prehabilitation for the surgical cancer patient. *Acta Oncologica.* 2016;56(2):128-133.
- Tusek DL, Church JM, Strong SA, Grass JA, Fazio VW. Guided imagery: a significant advance in the care of patients undergoing elective colorectal surgery. *Dis Colon Rectum.* 1997 Feb;40(2):172-8.
- Schwab D, Davies D, Bodtker T, Anaya L, Johnson K, Chaves M. A Study of Efficacy and Cost-effectiveness of Guided Imagery as a Portable, Self-administered, Presurgical Intervention Delivered by a Health Plan. *Adv Mind Body Med.* 2007;22(1):8-14.



How does my hospital participate?

Health Journeys has made it easy for ISQIC hospitals to participate with cognitive preparedness prehabilitation!

Each participating ISQIC hospital will have a customized webpage made for them by Health Journeys. The web page will contain all streaming programs for ISQIC as well as contain a space for you to customize.

Upon registration, decide who at your institution will be the point of contact to communicate with Health Journeys.

In the meantime, consider the content you would like on your institution's page:

- 1) Review the sample website: [sample streaming page](#)
- 2) Find a JPEG file of the logo you would want for your hospital in the left upper corner of the screen
- 3) Consider the header title you'd like to appear at the top of your page (to the right of the logo)
- 4) Consider up to 200 words of any other text you'd like to see on the page (this displays to the left of the streaming selections)
- 5) Await the email from ISQIC on how and when to relay the above information to Health Journeys



ISQIC Cognitive Preparedness Patient Handout

Getting Mentally Prepared for Surgery

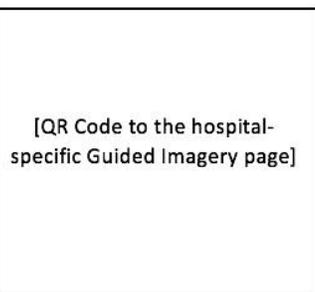
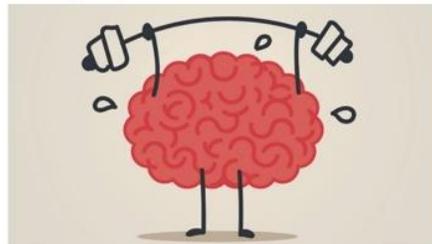
Preparing for your surgery can make you feel anxious, overwhelmed and scared. High anxiety before surgery may affect your recovery after surgery and lead to:

- Slower wound healing
- Increased pain
- Longer hospital stays
- Decreased ability to function

Studies show that using techniques to reduce anxiety before surgery may improve these outcomes after surgery. This includes improved quality of life, reduced pain and better ability to return to normal activities.

Guided Imagery to Reduce Anxiety Before Surgery

Guided imagery is a meditation technique. It involves all of the senses and aims to reduce anxiety both physically and emotionally. Guided imagery uses audio recordings to create positive images and feelings to help you relax. Studies show that guided imagery may help to reduce pain and ease anxiety in patients with ongoing health problems. It may be helpful in reducing your anxiety before surgery.



How to Access the Guided Imagery Audio Recordings

Guided imagery recordings are available on specific topics including:

- Preparing for surgery
- Easing pain
- Promoting general wellness and better sleep
- Smoking cessation

Visit [[Hospital Guided Imagery URL](#)] to access each audio recording. Listen as often as you'd like before and after surgery to maximize the benefits.

If you have any questions, please ask your healthcare team.

Click the image to open the attachment