

relaxation and decreases stress and anxiety. It can be used in all clinical settings, including to provide comfort to critically ill patients.

Massage Therapy

Massage therapy provides relaxation and decreases stress. In many instances, it has also been found to decrease pain. Pediatric massage is offered for inpatients with a variety of diagnoses, such as cancer, post-operative pain and chronic pain. Licensed massage therapists with experience working with sick children perform the service. This work is supported through philanthropic funds from Connecticut Children's Division of Pain and Palliative Medicine.

Integrative Medicine Staff

Ana Maria Verissimo, MD, MA

Phone 860.837.5758 Fax 860.837.5235

Biofeedback is also provided by

Physical Therapy/Occupational Therapy

Phone 860.545.8600 Fax 860.545.8605



Connecticut Children's Medical Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.800.234.0780 (TTY: 1.800.545.8330).

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1.800.234.0780 (TTY: 1.800.545.8330).

connecticutchildrens.org

282 Washington Street, Hartford, CT 06106

© 2017 Connecticut Children's Medical Center. All rights reserved. 17-321 New 5-17



The Integrative Medicine Program

A service offered by our

Division of Developmental and Behavioral Pediatrics





Relaxation Strategies Offered at Connecticut Children's

Connecticut Children's Integrative Medicine Program offers the following IM relaxation strategies in response to growing demand. We are committed to conducting research on these therapies to ensure their effectiveness.

Breathing Techniques

Connecticut Children's integrative medicine specialists teach children a variety of breathing techniques to help reduce anxiety and stress.

Guided Imagery

Often used along with deep breathing, guided imagery uses a child's imagination to further relax his or her body and mind. During the session, integrative medicine specialists assist a child in thinking about or imagining a favorite place or activity.

Hypnosis

Children are especially capable of using hypnosis, which is an altered state of awareness that allows a patient to focus on an image or idea with a specific goal in mind. Hypnosis can be used to decrease a patient's discomfort by changing how the body processes potential pain stimulation. It can also be used to decrease anxiety, which is a trigger for pain. Patients are assisted by a trained professional to attain the altered state, but always maintain control.

Biofeedback

Biofeedback uses electronic equipment to measure certain body functions, such as breathing, muscle tension, heart rate variability and temperature. A computer allows the patient to observe these functions in real time and change them in desired ways. Biofeedback can be useful in alleviating headaches, stomach discomfort, sleeping problems, stress and anxiety. It can also enhance school and sports performance.

M (Manual) Hand Massage Technique

This technique is a registered method of gentle light touch in a set sequence, pressure and pace. It promotes

Overview

Integrative medicine (IM) is a philosophy which incorporates the idea of treating the whole person and not just a particular disease. Fully approved by the American Academy of Pediatrics in 2008, IM combines traditional medicine with complementary relaxation strategies that are safe, provide health benefits and promote healing. This approach builds a partnership between the patient and physician, where the goal is to treat the mind, body and spirit simultaneously.

At Connecticut Children's, our IM program offers relaxation strategies such as breath work, guided imagery, hypnosis, biofeedback, and M (manual) hand massage technique. Our Division of Pain and Palliative Medicine also offers inpatient massage therapy. IM therapies can benefit patients with a wide variety of symptoms and conditions. These may include acute and chronic pain, anxiety, asthma, habit disorders, irritable bowel syndrome, irritable bowel disease, anticipatory nausea, and needle phobia. Such therapies strive to empower patients to participate in their treatment thereby allowing them to regain some control over their lives and illnesses.