

Pediatric Integrative Medicine Descriptions

	Yoga	Massage	Mindfulness	Acupuncture
About	<ul style="list-style-type: none"> Practice of Mind, Body, and Spirit that focuses on supporting physical and emotional health and well-being It's designed to help relax, relieve stress and optimize the nervous system as well as organs and glands. Taught using verbal and visual cueing and gentle touch if the patient needs any physical adjustments beyond verbal and visual cueing 	<ul style="list-style-type: none"> Gentle and nurturing touch to decrease anxiety and stress hormones in a hospital setting 	<ul style="list-style-type: none"> Guided practices to find more relaxation and calm the nervous system Disrupt the stress cycle (which can contribute to experience of pain) Bring the mind into the present moment and find more peace 	<ul style="list-style-type: none"> A type of therapy that may help balance the flow of energy throughout the body that can sometimes get blocked by illness, trauma, injuries, poor nutrition, not enough sleep, stress, etc. Can be helpful for patients with pain.
Techniques	<ul style="list-style-type: none"> Targeted postures to effect different organ systems Imagery and visualization Breathing exercises Sound therapy -the use of music, mental reciting, or out loud singing as well as the use of gong and singing bowls to stimulate the Parasympathetic nervous system. Guided body scan Meditation Spiritual communication. 	<ul style="list-style-type: none"> Light and gentle strokes Gentle holds (resting hands) Non-touch Pressure Levels <ul style="list-style-type: none"> 0 =zero gravity, still touch, stationary, weightless, whole hand contact 1 = " light lotioning" slight skin movement, if any at all. This level is maximum massage pressure for severely medical frail patient 2 = "Gentle massage" Slight movement of superficial adipose tissue and muscle. This feels like gently applying face moisturizer. This is the most pressure levels we can apply to patients. 	<ul style="list-style-type: none"> Guided Meditation Breathing exercises (e.g., diaphragmatic breathing) Guided Imagery Self-compassion Sleep Meditations Relaxation exercises (e.g., progressive muscle relaxation) Moving meditation (e.g., walking) 	<ul style="list-style-type: none"> Evaluation to find the best locations to place the needles Checking pulse on your wrists and also pressing on other areas like feet, stomach and neck After a few points are selected, the tiny "whiskers" are placed in the acupuncture point while you just relax for a few minutes. ("whiskers" are very thin, hair like acupuncture needles that attach lightly into the skin.
Instruction	<p><u>Contraindications (Case-by-Case Basis):</u></p> <ul style="list-style-type: none"> Fractures Seizures Blood Pressure Disorder Respiratory Disorders Sound Sensitivity Chemotherapy and Radiation Treatment Sepsis or Fever High Frequency Ventilation or Intubated with FiO2 greater than 70% Existing Nerve Damage 	<p><u>Contraindications</u></p> <ul style="list-style-type: none"> High fever -above 100.5 Open wounds, contagious skin conditions DVT Low platelets below 10 for pediatrics and below 20 for over 18 yo Low wbc below 2.0 	<p><u>Contraindications</u></p> <ul style="list-style-type: none"> Younger than 5 years old Mental health condition that needs necessitates referral to psychiatry/psychology/SW first Other referrals will be reviewed on a case-by-case basis 	<p><u>Contraindications</u></p> <ul style="list-style-type: none"> Patients with uncontrolled movements Those at risk for lymphoedema Areas of spinal instability that could give rise to spinal compression due to relaxation around muscles Needling of wounds or skin with sensory deficits Special precautions and relative contraindications will be assessed on a case-by-case basis

Positioning	Can be done in a hospital bed or chair Yoga mats and other yoga apparatus like bolsters, straps, cushions can also be provided Any devices, lines, tubes, etc. will be accommodated	Mindful with all the devices and lines, tubes, etc. We adjust to the most comfortable position using pillows, towels, sheets, etc.	Delivered bedside (inpatient) or in clinic (outpatient).	Delivered bedside (inpatient) or in clinic (outpatient).
Referral Criteria	<ul style="list-style-type: none"> • Flexible • Will work around physical limitations 	<ul style="list-style-type: none"> • See Instructions for contraindications 	Patients 8 years old and older can be referred for: <ul style="list-style-type: none"> • Pain management • Anxiety management • Sleep • GI distress/poor appetite • General discomfort and difficulty adapting to illness 	Caregiver (if child is a minor) must sign acupuncture informed consent prior to treatment
Length of session	30-60 mins	15-30 mins	15-30 minutes	20-40 minutes
Benefits	<ul style="list-style-type: none"> • Stimulates PNS • Decreases anxiety and stress hormones • Increases flexibility, core strength and physical mobility, and energy levels • Enhances sleep quality • Improves immune health • Creates whole brain functioning by balancing left and right brain hemispheres • Reduces and prevents the build-up of toxins in the lungs • Regulates body temperature • Supports blood pressure regulation • Improves respiration, circulation, digestion • Supports pain management 	<ul style="list-style-type: none"> • Decrease anxiety and stress hormones • Reduce muscular and nerve pain • Improves immune and digestive systems by stimulating nervous system • Enhance sleep quality • Human to human connection through touch and communication 	<u>Mental Health:</u> <ul style="list-style-type: none"> • Improvement in symptoms of anxiety, depression, ADHD, and other psychopathology. • Improvement in sleep. • Enhanced executive functioning and emotion regulation skills. • Enhanced social-emotional functioning and prosocial behavior. <u>Physical Health:</u> <ul style="list-style-type: none"> • Management of chronic pain (e.g., increased pain tolerance). • Management of distress in context of chronic illness (e.g., cancer). • Improvement in GI symptoms. 	<ul style="list-style-type: none"> • Lowering pain • Reducing need for medications • Reducing side-effects of medication (such as constipation, nausea, vomiting, etc.) • Reducing inflammation and promoting healing • Lowering anxiety
Hospital Setting Benefits	<ul style="list-style-type: none"> • Coping skills with their diagnosis and treatment • Learn techniques that patients can apply without a Yoga Therapist for continued benefits • Pleasant and positive distraction from their diagnosis and treatment • Improved hospital experience for patients and their family 	<ul style="list-style-type: none"> • Comfort touch vs procedural touch • Improve experience of the treatment • Create pleasant distraction • Improve hospital experience for patients and their family 	<ul style="list-style-type: none"> • Support children and adolescents during and after oncological treatment. • Youth receiving these interventions reported increased quality of life, reduced fatigue, improved sleep, increased appetite, and decreased anxiety. 	<ul style="list-style-type: none"> • Each treatment will help you learn what to do and how to hold on to the treatment over time • Improve quality of life while inpatient and provide a positive experience