

# Example of essay on the benefits of patients use of guided imagery in pain manage...

[Law](#), [Evidence](#)



Gonzales, E. A., Ledesma, R. J., McAllister, D. J., Perry, S. M., Dyer, C. A., & Maye, J. P. (2010). Effects Of Guided Imagery On Postoperative Outcomes In Patients Undergoing Same-Day Surgical Procedures: A Randomized, Single-Blind Study. *AANA Journal*, 78(3), 181-188.

## **Introduction**

The main aim of the article was to investigate the effects of guided imagery on postoperative in patients undergoing surgical operations. Forty-four adult individuals were used to determine baseline and anxiety pain levels under controlled and uncontrolled settings. They were divided into two groups, one acting as a control group and the other as the study group. The subjects in the experimental group listened to a guided imagery compact disk. The goal of the study was to prove whether the use of guided imagery in the ambulatory surgery is capable of reducing preoperative anxiety, as well as postoperative pain levels in patients. Same-day surgery patients were used in this study.

## **Summary of the Article**

The article is all about the use of guided imagery to help reduce anxiety and pain levels in operated patients. It is about a research that was conducted at Wright-Patterson Air Force Base in Ohio on patients undergoing same-day surgical operations of the neck and head. The inclusion criterion was 18 years and above individuals while the exclusion criterion was based on inability to see and hear. Forty-four individuals accented to be study specimens and were divided into two groups, one as a study (guided imagery) group while the other as a control group. Anxiety levels were

obtained for these individuals before commencement of the study. Each participant in the study group was supplied with a CD player, a guided imagery CD and headphones. The CD led the study group individuals thorough a guided imagery and progressive relaxation process.

The findings of the research showed that there is a greater reduction in preoperative anxiety for the guided group than the control group. Guided imagery patients experience decreased length of stay in PACU, decreased postoperative pains, as well as decreased preoperative anxiety (Eric et al., 2010). A number of researchers who conducted similar studies has well proved it. An advantage about it is that it does not need trained specialists since patients learn relaxing via listening to tapes, books or CDs. It is preferable to implement this process in advance of scheduled review. However, it is also effective if applied immediately before an operation procedure (Antall & Kresevic, 2004).

## **Development and Implementation of Evidence-Based Practice In Nursing**

There are seven steps involved (Cordova et al., 2008) and include:

Step two: in the PICOT format, ask clinical questions. The form takes into account patient population of interest (P), area of interest or intervention (I), comparison group or intervention (C), outcome (O) and lastly time (T). The format offers a suitable method for conducting electronic database research (LoBiondo & Haber, 2013).

Step three: search the best evidence. Use keywords to narrow your search to specific articles and works.

Step four: appraise the evidence critically. After getting the reports,

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determine whether they are valid, relevant, reliable and applicable to the clinical question. Ask the following three questions: are the results of the study valid? Are the results significant? Will the results help in provision of care to patients?

Step five: integrate the evidence with patient values and preferences together with clinical expertise. Patient's assessments, laboratory data, data from outcome management groups, patient preferences are valuable components in EBP.

Step six: evaluate the outcomes of the practice changes and decisions based on the evidence. After implementation of the training, evaluation and close monitoring is important to ascertain positive effects and correct adverse effects.

Step seven: disseminate EBP results. This helps to prove the importance of a specific EBP thus eliminates clinical approaches that are not based on evidence. It eliminates duplication of efforts, as well.

## **Practical Application Of The EBP By Students**

### Conclusion

Evidence-based nursing practices are of great importance in the nursing profession. They bring to the attention of nurses demonstrated EBP that can be applied to specific nursing specialty to provide effacing and adequate patient care. They help reduce multiplication of efforts and eliminate procedures not evidence-based when shared (Polit & Beck, 2012). As in the article reviewed, it has been shown that guided imagery in patients reduces anxiety as well as pain levels in patients. Such findings are evidence-based

and of great use in the provision of efficient patient care services in patients in need of surgical operations.

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