Annotated Bibliography

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Ackerman, C., & Turkowski, B. (2000). Using guided imagery to reduce pain and anxiety. *Home Health Care Nurse, 18 (8),* 524-530.

This journal article by Catherine Ackerman and Beatrice Turkoski (2000) defines guided imagery. It describes the common uses of guided imagery and a detailed step-by-step process on how to put guided imagery to use. It includes a case study. The article provides a reference for professionals that will help in the implementation, in the home setting.

Bonadies, V. (2009). Guided imagery as a therapeutic recreation modality to reduce pain and anxiety. *Therapeutic Recreation Journal, 43 (2),* 43-55.

The author Vincent Bonadies (2009) validated the use of guided imagery as a therapeutic modality particularly through reduction of pain and anxiety. The author used different case reports as an example to support the study and implications of the use of guided imagery. This journal article used numerical data, mostly percentages, to show the validity of the study. The available research supports the conclusion that guided imagery is effective in reducing pain, and anxiety, and addressing other related health concerns, and can be used in a variety of settings with various populations (Bonadies, 2009, p.54).

Casida, J., & Shpakoff, L. (2012). Randomized evaluation of the effects of guided imagery on sleep and biomarkers after cardiac surgery. *American Journal of Critical Care, 21(3),* 85.

Casida and Shpakoff (2012) summarized the research article to help readers understand the purpose of the study’s analysis in relation to guided imagery and sleep and biomarkers after cardiac surgery. The participants were randomized to either receive guided imagery or not. Sleep and biomarkers were measured. The study did not arrive at definitive results supporting that guided imagery could improve sleep and other biomarkers. For future studies, the authors are recommending a larger sample size compared to 40 patients that participated in their study.

Freeman, L. W., & Lawlis, G. F. (2001). *Mosby’s Complementary Alternative Medicine: A* *Research-Based Approach.* St. Louis, MO: Mosby. Retrieved from <http://www.questia.com>

This book provides information and description of complementary medicine that contains research studies and examples of the applications of the different modalities. This book is for the use of different professionals in the field of medicine and psychology. This book is a good reference in broadening holistic practice, in various fields.

Heinschel, J. (2002). A descriptive study of the interactive guided imagery experience. *Journal of Holistic Nursing, 20(4)*, 325-346. doi: 10.1177/089801002237591

The goal of this qualitative descriptive study is to identify the patient’s experiences, after receiving a form of alternative treatment, called IGI (Interactive Guided Imagery). The clients who agreed to participate in the study received three sessions of guided imagery in a two-week interval. Using a questionnaire, the participants were interviewed, detailing the patient’s experience related to anxiety, depression and stress. The study generated positive responses from the participants.

King, J.V. (1988). A holistic technique to lower anxiety: Relaxation with guided imagery. *Journal of Holistic Nursing, 6(1),* 16-20. doi: 10.1177/089801018800600106

This journal article by Jane Valerie King shows the effect of relaxation with guided imagery on reducing anxiety. The research used STAI (Spielberger State-Trait Anxiety Inventory) to measure the effectiveness of treatment given three times a week in two-week intervals. The study showed an unusually minimal degree of change. The author is recommending future research in order to manifest the potential of the study.

Ko, YL., & Lin, PC. (2012). The effect of using a relaxation tape on pulse, respiration, blood pressure and anxiety levels of surgical patients. *Journal of Clinical Nursing, 21(5-6),* 689-697. doi: 10.1111/j.1365-2702.2011.03818.x

The authors, Yi-Li Ko and Pi-Chu Lin conducted this research in a hospital in Northern Taiwan using surgical patients as their subjects. The research results support how listening to relaxation tapes affects the patient’s vital signs and anxiety level. Patients were selected and there was no randomization. The authors used the findings of the article to suggest listening to relaxation tapes to be part of nursing practice.

La Torre, M.A. (2001). Therapeutic approaches to anxiety – A holistic view. *Perspective in* *Psychiatric Care, 37(1),* 28.

Mary Anne La Torre, MA, RN is a holistic practitioner in a private practice. The journal article enumerated different holistic modalities such as guided imagery. The author cited examples on how practitioners can use a holistic approach in treating the patient’s anxiety and use chemical treatment as a secondary option. This article offered information to support the effectiveness of a holistic approach.

Santa Ana, C. F. (2001). The adoption of complementary and alternative medicine by hospitals: a framework for decision making. *Journal of Healthcare Management, 46(4),* 250+.

This article defines Complementary and Alternative Medicine (CAM). It summarizes the problems hospitals are facing with implementing the program, provided suggestions on what to consider when an organization is developing strategies for alternative medicine implementation. The article talks about how offering different alternative modalities in the hospital setting could attract consumers. It also highlights the financial implications to be dealt with by the institution.

Sendelbach, S., Halm, M., Doran, K., Miller, E., & Gaillard P. (2006). Effects of music therapy on physiological and psychological outcomes for patients undergoing cardiac surgery. *Journal of Cardiovascular Nursing, 21(3),* 194-200.

The journal article from the Journal of Cardiovascular Nursing shows the relationship between the use of music therapy and anxiety level, pain, heart rate, blood pressure and use of pain medications. The study used randomized patients divided into two groups. One received therapy (treatment group) and one did not (control group) The research supported the effectiveness of music therapy on pain and anxiety but did not show a correlation in decreasing blood pressure and use of pain medications.

Utay, J., & Miller, M. (2006). Guided imagery as an effective therapeutic technique: A brief review of it’s history and efficacy research. *Journal of Instructional Psychology, 33(4),* 40-43.

This journal article provides information on guided imagery’s definition; history dating back over a century ago, how research shows the modality is useful in various fields of medicine. The authors also highlighted how complementary and alternative medicine assist as an instrument that affects the physiological process of the different patient populations.

Van Buren, J., & Atkins, W. (2012). *The Gale Encyclopedia of Mental Health.* Detroit, MI: Gale. Retrieved from <http://www.galenet.com.ezproxy.sienaheights.edu>

The article highlights guided imagery as a therapeutic modality that could affect mental health in reducing stress in the form of anxiety, headache, depression and high blood pressure. It enumerates the purpose of guided imagery, how the process is conducted, and preparation before initiating the modality and the risks and benefits involved. This article is useful in identifying the steps involved when starting the research study.

References

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Cadesky, N. (2006). Music consciousness: the evolution of guided imagery and music. *Journal of* *Music Therapy, 43(2),* 164+.

Casida, J., & Shpakoff, L. (2012). Randomized evaluation of the effects of guided imagery on sleep and biomarkers after cardiac surgery. *American Journal of Critical Care, 21(3),* 85.

Freeman, L. W., & Lawlis, G. F. (2001). *Mosby’s Complementary Alternative Medicine: A* *Research-Based Approach.* St. Louis, MO: Mosby. Retrieved from <http://www.questia.com>

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