

Guided Imagery with Relaxation for Reduction of Symptoms and Medication Use

Carol L. Baird, DNS, CNS
Indiana University

Co-Researchers

- Matthew Murawski, PhD, PharmD
- Jingwei Wu, MS

Problem

- 80% of those over 75 have osteoarthritis (OA) symptoms
- It is estimated that 60 million older adults will have OA by 2020
- OA is the leading cause of disability in adults with annual medical costs of \$80.8 billion
- Pain and limited mobility result in a downward spiral ultimately reducing independence and quality of life

Purpose

- This pilot study tested a cognitive-behavioral intervention, guided imagery with relaxation (GIR), to decrease symptoms and reduce medication intake in older adults with OA

Theoretical Basis for Intervention

- BioPsychoSocial Theory of Chronic Pain
- Psychoneuromuscular Theory

Intervention

- Guided imagery with relaxation is a specific script for musculoskeletal pain and mobility difficulties

Intervention (cont.)

➤ 3 components:

- Using multiple senses to project themselves in pleasant scene
- Guided relaxation from feet to head (not Jacobson's)
- Return to pleasant scene but with imaging themselves moving about without any difficulty

➤ Endstage suggestion

Conceptual Model for Design



Hypotheses

➤ Older adults with OA using guided imagery with relaxation will have

- significant reduction in pain,
- Significant increased mobility,
- and significant reduction in use of pain and arthritic medication,

than those who use a sham intervention, planned rest

Method

- Design: 4-month longitudinal randomized assignment
- Sample: 30 women randomly assigned to 2 groups
- Measures at baseline, 2 months, & 4 months
 - Pain NRS
 - Arthritis Impact Measurement Scale-SF (AIMS-SF) mobility scale
 - Western Ontario and McMaster University Osteoarthritis Index (WOMAC)
 - Logged doses of medication

Analysis

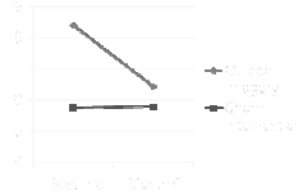
- Repeated Measures ANOVA
- Poisson distribution technique

Findings

- Participants who used GIR reported significant changes in average pain, mobility, and medication use than those who used sham intervention

Decreased Average Pain

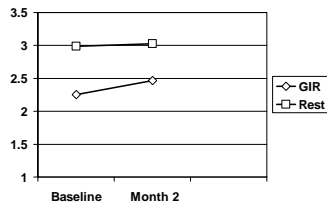
- Significantly decreased average pain from baseline to 4 months ($p=.0284$)



Increased Average Mobility

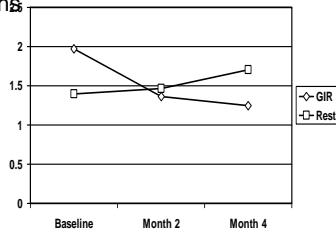
- Significant improvements in mobility from baseline to 2 months ($p=.0225$)

- AIMS-SF, not WOMAC



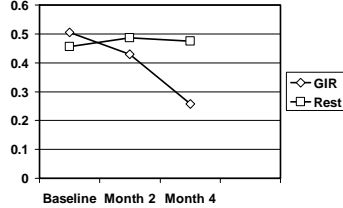
Decreased OTC Use

- Significantly decreased average OTC use from baseline to 4 months ($p=.0189$)



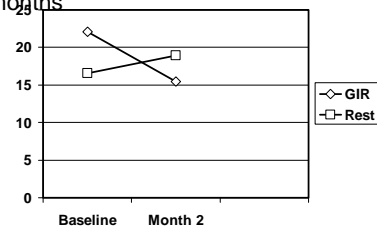
Decreased Rx Use

- Significantly decreased average prescribed analgesics use from baseline to 4 months ($p=.0347$)

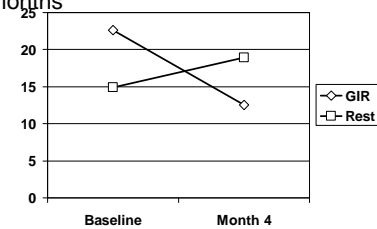


Decreased Total Medication Use

- Significantly decreased total medication use from baseline to 2 months ($p=.0248$)



- Significantly decreased total medication use from baseline to 4 months ($p=.0008$)



Implications

- Guided imagery with relaxation is a self-management intervention that may lessen symptoms in those with OA and may be an adjunctive treatment that would lessen use of medications, reducing both cost and side-effects
