

Guided Imagery Therapy for Cancer Patients

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Image 1

What is Guided Imagery?



Mental visualization to improve mood and physical well-being (Charalambous et al, 2016).

Image 2

Side Effects of Cancer and Its Treatment

- Emotional stress
- Fatigue
(Lee, 2013)
- Pain
- Nausea and vomiting
- Anxiety
- Depression
(Charalambous, et al, 2016)



Image 3

Recognition of Guided Imagery as Treatment

- widespread scientific and public acceptance
- psycho physiological relaxation
- alleviate anxiety and depression
- relieve physical and psychological symptoms
- overcome health-endangering habits
- resolve conflicts,
- help patients prepare for surgery and tolerate procedures more comfortably

(Kodeeswara Prabu, et al, 2015).



Image 4

How it Works

- imagery has the ability to directly influence the autonomic nervous system
- imagery techniques may stimulate physiologic processes including immune, nervous, and endocrine responses which can accelerate the healing process.
- respiration, heart rate, blood pressure, metabolic rates in cells, gastrointestinal mobility and secretion, sexual function, cortisol levels, blood lipids, and even immune responsiveness.

(Kodeeswara Prabu, et al, 2015)



Image 5



Image 6

Guided Imagery in Practice



Image 7

- auditory, tactile and olfactory images
- soft music camouflaged with alpha waves pulses.
- 2-minute breathing exercise
- 10-minute progressive muscle relaxation exercise
- 15-minute pleasant guided imagery session

(Charalambous, et al, 2016)

References

Charalambous A., Giannakopoulou M., Bozas E., Marcou Y., Kitsios P., Paikousis L. (2016).

Guided imagery and progressive muscle relaxation as a cluster of symptoms management intervention in patients receiving chemotherapy: A randomized control trial. *PLoS ONE* 11(6) 1-18. <https://doi.org/10.1371/journal.pone.0156911>

Lee, M. H., Kim, D. H., & Yu, H. S. (2013). The effect of guided imagery on stress and fatigue in patients with thyroid cancer undergoing radioactive iodine therapy. *Evidence-based complementary and alternative medicine* 1-8. <https://doi.org/10.1155/2013/130324>

P. Kodeeswara Prabu, Subhash, J. (2015). Guided imagery therapy. *IOSR Journal of Nursing and Health Science* 4 (5) 56-58.

Image Reference

Image 1:

<https://www.mskcc.org/cancer-care/integrative-medicine/therapies/guided-imagery>

Image 2: <https://emmyvadnais.com/imagery-healing-class>

Image 3:

<https://www.nytimes.com/2018/12/28/opinion/sunday/resolutions-hope-cancer-god.html>

Image 4: <https://hypnotherapycenter.co.za/guided-imagery-or-guided-meditation/>

Image 5: <https://www.lizbrinkmanrd.com/blog/tag/Autonomic+Nervous+System>

Image 6:

https://www.nicepng.com/ourpic/u2e6r5a9y3a9i1i1_sour-candy-candy-corn-candy-bands-bulk-candy/

Image 7: <https://springbrookny.org/guided-imagery-meditation-monday/>
