

Sight-Art

The expression or application of human creative skill and imagination, typically in a visual form such as painting or sculpture, producing works to be appreciated primarily for their beauty or emotional power.

Personal art is as unique as a fingerprint. We may copy another person's artwork closely, but there always idiosyncrasies that are captured whenever a person puts pen to paper

Color invokes specific feelings in a person. How each person feels the color can change based on environment. Some colors make use feel calm, or angry, sad or happy. Colors used in an office may feel differently when using the same color in clothing or in a painting.

The simple act of placing pen to paper to express our feelings is therapeutic. There is no right or wrong, it's allowing the person to express what exists in that moment. Reflecting on the art at a later time can provide insight into how our brains interpret the world around us. This is particularly helpful when facing the suffering we see in others, and in ourselves.

Art journaling is one of the most powerful exercises to offer for yourself and patients. Journaling itself is an incredibly useful tool in therapy. Most people go through life on a sort of autopilot. They live from day to day without really ever paying attention to themselves, what's going on in their lives or where they'll go next. We aren't naturally born with the ability to reflect deeply on our own experiences and certainly don't remember things well enough to have accurate recollections of our thoughts and feelings in the past

When we journal things as they happen, we preserve a more accurate picture how we felt and what we wrote naturally. Even less so, if it takes the form of keeping a conventional diary. Many people love to write and for them traditional journaling may be best. For the majority of people, art journaling is an easy gateway to instilling the journaling habit and reap all the benefits that come with it. In general, people enjoy the creative process itself enough to keep doing it. If you limit your journaling just to writing, you tend to perceive it as a chore.

Sense of Self- Guided Imagery, Breath, Reflection

Breathing- one of the ABCs of life. Without breath, we cease to exist. We are born to breathe using our lungs. Over time, we interrupt the natural rhythm. The practice of slow breathing techniques just 30 minutes a week, have shown to reduce blood pressure by 15 points. Start by standing, stretch out your arms, then shake it out and have a seat. Place both feet on ground, arms at side, eyes closed. Take slow, deep breath in through your nose over 4 seconds, then hold for 4 seconds, and breath out through your mouth for 4 seconds. Add music and scent to the experience and write down what images and feelings are present.

Taste-Foods

Taste and smell go hand-in-hand. A variety of sweet, salty, and savory seasonings exist. Each person, from the youngest age, will develop preferences for what creates a sense of happiness while tasting foods. Many neurotransmitters are stimulated by taste. The first bite of a delicious, ripe apple, or a fresh from the oven cookie creates a pleasant memory. Home cooked meals created by mom or grandma, can invoke feelings of love and well being. Exotic foods enjoyed amongst friends reminds us of companionship and connection. In infants and young children, sugar water can help alleviate pain. Even when ill, and tastes often change, some flavors remain strong enough to evoke pleasure and comfort.

Sound-Music

Music is for enjoyment and therapy, regardless of talent, affirms the "aliveness" within us. Music improves mood, can heal the mind and body, and keep the brain tuned up. Calming music can lower blood pressure and heart rate, improve sleep, reduce pain and anxiety, and is a non-intrusive way to promote wellness. Play a series of songs on a CD or MP3 player and combine with deep breathing to develop peace and calmness. The use of instruments can express deep emotions in a safe manner. An empty food can filled with dried beans or rice makes a great music shaker. Sing along and shake the instrument to a beat. Energetic music is uplifting and often is a physical workout, which also has many benefits. Do this in a group, alone or one-on-one with your patients.

Pediatric Palliative Care

Interdisciplinary Team

nurse, physician, social worker, therapists, pharmacist, volunteers

Symptom Management

Pain, anxiety, nausea, anorexia, dyspnea, fear, grief

Patient/Family Centered Care

During the life of the child, bereavement and survivorship care, includes extended family, friends, and caregivers

Holistic Approach

Body, mind, soul, culture, spiritual, emotional, social, and intellectual

Improving quality of life

Autonomy in decision making, place of care, preferences and values respected, clear and understandable terms

Touch- Massage

Touch therapy is not an absolute science; though the many benefits are recorded throughout history and in well acclaimed journals. Studies have shown that the lack of touch, even with adequate hydration and nutrition, increased infant mortality. There are four main areas therapeutic touch is a benefit in infants and children (adults too!)

Stimulation

Largest organ of the body

Creates increased resistance to disease

Improve neurological development by speeding up the myelination of nerves

Aide sin sensory awareness

Relaxation

Skin-to-skin contact, along with eye contact send soothing messages to the child

Balances the autonomic nervous system

Reduces the stress hormone (cortisol)

Improves mood and heightens the feelings of wellbeing, by increasing the love and cuddle hormone of oxytocin

Relief

May help alleviate a multitude of ailments.

Weight gain and growth from stimulating prolactin hormone release.

Improves sleeping patterns.

Decreases anxiety

Improves blood and lymph circulation, digestion and inner balance.

Improves muscle tone.

Improves cardiac and pulmonary output.

May reduce pain and discomfort by releasing endorphins.

Interaction

Bonding: focused time together with the caregiver

Caregivers are more in sync with their child (patient)

Improves confidence for the caregiver in managing a child's health through each stage of development, even into the adulthood

Communication:

Touch is the first form of communication.

Provides a special time to use verbal and nonverbal cues

It's fun to see a child grow through nurturing interaction

Smell- Aromatherapy

Originated thousands of years ago in China, Egypt, India, and Greece to promote healing and relieve suffering, along with cosmetic purposes. Scents can motivate us, relax us, and bring back good memories. Pure essential oils (EO) are caustic and is very irritating when directly applied. EO will need to be diluted in a carrier oil, or other medium, depending on application for use. At the most, using 10 drops of EO to each 30 mL drops to each carrier oil is very fragrant. Lower dilutions are used for sensitive areas such as the face, or on children and infants. Carrier oils include coconut oil, grapeseed oil, and sweet almond oil; which is generally well tolerated by most people. Test a small area on the back of the arm for sensitivity. A few drops in warm water is soothing to feet and hands. Add 3-5 drops to a cotton ball and pin to your shirt at night may help you ease into a more restful sleep. Blending scents can aid in the management in a variety of symptoms. **Fatigue:** ginger, mint, lavender, lemon. **Anxiety:** bergamot, chamomile, frankincense. **Stress:** lemongrass, sandalwood, sage, citrus, lavender

