

## Interactive Guided Imagery Therapy For Stroke Patients

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### Abstract

Guided imagery is an effective and good stress management technique and it is very popular and common method for many reasons, it will quickly calm your body and relax your mind. It's virtually as simple as indulging in a vivid daydream and, with practice, this technique can help you to better access your inner wisdom. There are many ways to practice guided imagery, including taking a class where you are "guided" by an instructor, using audio recordings, creating your own recordings, or using your inner voice and imagination. It helps to enhance physical and mental ability and most widely used in chronic pain, cancer, and other serious illnesses like stroke and reducing undesirable behaviours.

**Keywords:** Interactive guided imagery; Stroke

### Imagery Therapy

Interactive guided imagery therapy is mind-body interventional therapy that comes under complementary and alternative medicinal therapy. It is a therapeutic technique for relieving pain or anxiety and for promoting relaxation in which a patient is inspired to think on an image that helps relieve discomfort.<sup>1</sup>

### History Of Guided Therapeutic Imagery

➤ The different method of guided imagery has been used for hundreds years back as ancient Greek and romans times, the technique

established in Chinese medicine and some evidence shows Tibetan monks following meditation early as 13<sup>th</sup> century they believed imaging Buddha curing disease.

- In the year of 18<sup>th</sup> century, hypnosis was introduced by Franz Mesmer, based on hypnosis many new mind body interventions was created so it is called a cousin to guided imagery.
- In the year of 1940 Jacob Moreno's develop technique of psychodrama, it also has linked to guided imagery as the enactment of the person in therapy's unique concerns can be understood as a method of directing a person's own imagery. Hans Leuner further developed psychodrama, known as the approach guided affective imagery.
- In the year of 1970 Dr. David Bressler and Dr. Martin Rossman supported that imagery therapy is best solution for chronic pain, cancer, and other serious illnesses. Throughout the

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year of 1980s, a variety of health professionals support to published materials exploring the positive impact of guided imagery on health status.

- Currently, guided imagery is a longtime approach in complementary and alternative

medicine, it helps to reduce the side effect of some condition such as nausea, fatigue, anxiety, pain and stress of cancer treatment and studies show it's frequently helpful when used as part of the therapeutic process it help to improve individual ability to cope and improve quality of life .<sup>2</sup>



#### *Purpose of Imagery Therapy*

The guided imagery techniques are shown to be effective in people learn or modify behaviours such as:

- Learning to relax
- Changing or dominant their negative emotions in response to a particular situation or event.
- Preparing themselves for changes they are likely to have to deal with in the future (children leaving home, parent moving)
- Eliminating or reducing undesirable behaviors (smoking, obesity)
- Increasing effective pain management
- Coping with difficult situations
- Learning new and fascinating behaviors (assertiveness)
- Becoming more motivated in coping with their issues
- Coping with how they behaved in an earlier situation (had a temper tantrum) so as to feel less shame or guilt

- Experimenting with ways that manage stressful or anxiety-producing situations (giving a presentation in public)

Guided imagery techniques are applied to individual and found to be effective or show promise with a spread of populations, as well as people with

- Phobias
- Mild to Moderate depression
- Generalized anxiety disorders
- Post-traumatic stress disorder
- Obsessive-compulsive disorder
- Sexual difficulties
- Habit disorders
- Chronic fatigue syndrome
- Children's behavioral disorders
- Stuttering of speech
- Acute and chronic pain
- Stroke
- Cancer patient

### *Advantages of Guided Imagery*

- Guided imagery techniques are relatively simple, easy to learn and practice in day today life.
- The techniques, once learned, can be applied to a wide range of challenges to effectively reduce negative feelings and improve coping mechanism.
- Guided imagery can be easily combined with other forms of psychotherapy to enhance treatment
- The methods can be used effectively in the treatment of a wide range of life challenges, mental health disorders, and physical health issues and symptoms.<sup>3</sup>
- The client can control the imagery process, if something doesn't feel right or safe during the process, the client can stop or change the imagery
- Sessions don't have to take a full hour; brief sessions make it easier to fit them into a busy schedule

### *Mechanism of Action*

*Physiological mechanism of action:* Imagery therapy can directly influence the autonomic nervous system to change physiological process to healing. The imagery therapy stimulates physiologic status through immune system, nervous system, and endocrine system response to accelerate the healing process. If any physical, emotional or behavioural symptoms or illnesses that are not affected by the mind. imagery therapy mobilizes the latent, innate healing abilities of the client to promote pain control, accelerated healing, rehabilitation, recovery and health improvement.

The imagery therapy controlling pain in the gate control theory, pain stimuli are transmitted through the substantia gelatinosa in the spinal cord, it may act as a gating mechanism. Transmission of painful stimuli are blocked at the gate level before reaching higher levels of conscious awareness. This theory influences of cognitive control or higher CNS processing of pain control.<sup>4</sup>

### *Biologic mechanism of action:*

Imagery therapy act in physiological consequences, and the body respond imagery to a genuine external experience. For instance, if you imagine slowly sucking on the bitter, tart slice of a fresh juicy lemon, you will soon begin to salivate. Another example is sexual fantasy and its attendant

physical responses. What happens to your body when you bring to mind something that makes you fiercely angry? Imagery has been shown to have an affect on most major physical systems of the body, as well as respiration, heart rate, blood pressure, metabolic rates in cells, gastrointestinal mobility and secretion, sexual function, cortisol levels, blood lipids, and even immune responsiveness. With relevant manufacturing specific physiological changes which will promote healing, guided imagery represents a crucial alternative to pharmacotherapy with a lot of larger safety and much fewer complications.<sup>5</sup>

Motor imagery has been shown to boost athletic performance and even muscle strength. These benefits clearly show that visualization taps into the mind-body connection, and facilitate make a case for why IGI is commonly used with success in cases of physical and psychological problem.<sup>6</sup>

Mental imagery technique athletes will use to supplement physical practice and improve their performance in their specific field. Mental imagery is often part of a mental practice routine that might also include such techniques as relaxation, self-talk, and goal setting.<sup>7</sup>

### *Steps in Administration of Imagery Therapy in Stroke Patient*

#### *Interactive guided imagery technique:*

- First written informed consent will be taken from patient
- After getting consent the patient will be provided information about his or her role to listen the guided motor imagery audio for 30 minutes.
- The calm, quiet & comfortable environment will be created in patient side.
- The patient will ask to maintain comfortable position and instructed to close the eyes.
- The patient will be instructed to take slow and deep breaths and remain calm.
- Patient will be encouraged to focus on the slow, in and out sensation of breathing and focus on releasing the feelings of tension from muscle, starting with the toes and working up to the top of the head.
- Prerecorded verbal prompts through headphone are introduced to direct the client to visualize the imagery.
- Patient will be encouraged to focus on the tasks involved imagining the sequence of

movements that are performed using his/her hands and legs.

- The included imagery tasks for hand movement are:
  - Drinking water from a cup,
  - Turning pages of a book,
  - Plugging a cord into an outlet,
  - Brushing his/her teeth with a toothbrush using both hands,
  - Sorting chopsticks and spoons, and putting them in a box,
  - Folding a towel,
  - Making a phone call,
  - Changing batteries,
  - Opening and closing a zipper wallet,
  - Using scissors,
  - Spraying water with a spray bottle,
  - Turning a water tap on and off,
  - Opening a bottle top,
  - Tightening shoelaces.<sup>8</sup>
- The included imagery tasks for leg movement are:
  - Walking in the garden
  - Standing in the prayer hall
  - Playing football in ground
  - Running on the beach
  - Climbing stairs
- The other imagery tasks related to quality of life
  - Performing full energy during activities
  - Spending time and fun with family members
  - Talking fluently with friends and family members
  - Pleasant mood in the doing work
  - Good personality
  - Self-care like prepare own food, getting dressed, bath and toilet
  - Participate socially
  - Think positively
  - Seeing the television well enough to enjoy a show
  - Without any trouble doing daily work of the house.
- Patient will be instructed to remain within the scene; touring its various sensory aspects for 30

minutes.

- Instruct the client to open eyes & then rejoin the world.
- Interactive guided imagery therapy commonly administered for 30 minutes to one hour per day from the day of admission to 15-30 days.

## Conclusion

Guided Imagery is a convenient and simple relaxation technique which will assist you quickly and easily manage stress. It is the alternative therapy instead of sedative medication in improving quality of life, guided imagery is taken our own interest. The scientific data to support for patients to regain a sense of control over their lives in the face of crisis. After training, patients are able to evoke the imagery on their own (with audio or visual aids) at any time.

## Recommendation

Guided imagery is generally safe and potentially beneficial in providing symptomatic relief to stroke and cancer patients. Guided imagery may allow patients to reduce pain, anxiety, improve quality of life and decrease symptoms of nausea through use of their own sensory recruitment.

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