Feasibility and Acceptability of Integrative Therapy for Management of Symptoms in Persons with Pulmonary Hypertension

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Purpose:
- To describe the study design for feasibility and acceptability testing of Urban Zen Integrative Therapy (UZIT) for symptoms management for persons with Pulmonary Hypertension (PH)
- To delineate the intervention fidelity for UZIT – a multi-modal, integrative therapy behavioral intervention

Background:
- Persons with the life-limiting cardiopulmonary disease face many symptom management challenges.
- Increased symptom burden including chest pain, anxiety, nausea, insomnia, dyspnea, dizziness, and fatigue can impair patients’ ability to manage and adhere to medical treatments leading to reduced quality of life.

Proposed Intervention & Sample:
- 6 sessions delivered individually over 6-8 weeks
- 20 community dwelling adults with PH

Feasibility Testing:
Feasibility will be determined by:
- Recruitment rate (>40% recruited from those approached)
- Enrollment rate (>two /month)
- Home practice (> 1/week)
- Retention rate (>70% of participants remaining at study completion)

Acceptability Testing:
Acceptability will be determined by:
- Participants’ evaluation of the UZIT program (composite mean System Usability Scale score > 5, scale 1-7)
- Session completion rate (at least 5 of 6 sessions [83% attendance] by the participants retained at the study end)
- An exploratory qualitative assessment to determine specific components of the UZIT preferred by adults with PH

Intervention Fidelity Plan:
Strategies to maximize consistency of UZIT intervention delivery and dose:
- Manualized research intervention protocol
- Standardized training & re-training
- Quality audit using standardized criteria (25% of sessions)
- Research process evaluation

Intervention Protocol:

Component | Amount of time | Details
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Introduction and explanation of the UZIT session | 5 minutes | Collection of symptom diary; Complete pre-treatment questionnaires
Symptoms assessment (survey and verbal) | 5 minutes | Essential Oil selection:
- Lavender Oil
- Lemon Oil
- Peppermint Oil

Reiki Movements (setting oil on a chair; lying on a yoga mat) | At least 6 & 8 Mindful Movements (10 minutes) | Flex and point the feet; Spread and scrunch the toes; Make circle with feet; Square and open hands; Circle the wrist; Parallel and flex the wrist; Flex the fingers and extend the elbow

Restorative Poses & Integrative Exercises | At least 3 & 5 Restorative Poses (10 minutes) | Supported Reclined Cobbler’s Feet; Supported Child’s Pose with Full Prop Set Up

Body Awareness Meditation | Meditation (10 minutes) | Tier One: Basic Body Awareness Meditation from Head Down; Tier Two: Body Awareness Meditation for anxiety; Tier Three: Complete Body Awareness Meditation

Medications (5 minutes) | | Support rest and re-energize for travel to home

Pain Management (if present) | 5 minutes | Allow rest and re-energize for travel to home

Feasibility Testing:
- Eligibility assessment
- Recruitment process
- Enrollment process
- Home practice program
- Retention process

Acceptability Testing:
- Participant satisfaction survey
- Participant feedback
- Participant improvement in symptoms

Intervention Quality Checklist:

Component | Yes | No | Comments
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Introduction self to begin therapeutic relationship | | | 
Explain the overall plan of the UZIT sessions | | | 
Explain rationale for each intervention oil used | | | 
Suggest appropriate essential oil based on symptom | | | 
Administer 1-2 drops of essential oil in a cotton pad and placed 1 inch from the nose | | | 
Explain and demonstrate each mindful movement | | | 
Instruction participant mindful breathing technique | | | 
Provide positive encouragement and constructive feedback to participant | | | 
Explain and demonstrate reorienting position | | | 
Explain process of body awareness meditation | | | 
Relate and adjust patient’s pace to comfortable position | | | 
Evaluate participant’s comfort level by asking | | | 
Administer Reiki in a systematic manner (head to toe) | | | 
Guide participant to change position slowly | | | 
Give participant specific instructions for home practice | | | 
Retained participant to document in home diary | | |

Urban Zen Integrative Therapy (UZIT):

- Essential Oil
- Gentle Movement
- Restorative poses
- Guided body scanning meditation
- Reiki Therapy

Conclusions:
- Behavioral intervention research using mind-body integrative therapy with multi-modal components is challenged by many threats to study’s internal validity.
- Intervention fidelity monitoring is important to the internal validity of a study.

References:

Financial Support:
- Jonas Nurse Leaders Scholars Program 2014-2016. Jonas Center for Nursing Excellence
- American Association of Colleges of Nursing
- Sigma Theta Tau International Epsilon Chapter Research Grant Award

https://u.osu.edu/von-visger.2/