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

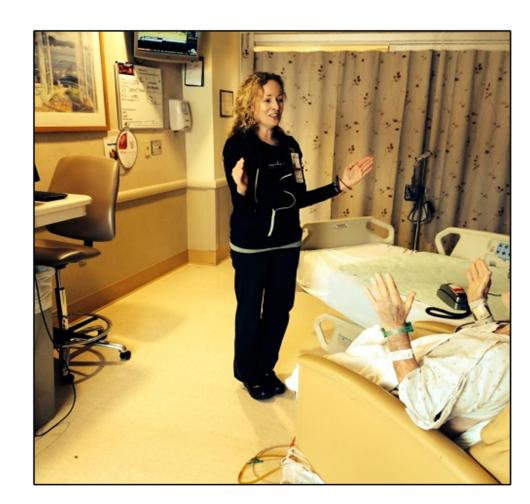
Intervention Protocol:

Component	Amount of time	Details			
 Introduction and explanation of the UZIT session Symptoms assessment (survey and verbal) Essential Oil selection 	Essential Oils (5 minutes)	 Collection of Symptom Diary Complete pre-treatment questionnaires Essential Oil selection: Lavender Oil Lemon Oil Peppermint Oil 			
Mindful Movements (Sitting on a chair; lying on a yoga mat) & Breathe Awareness Exercises	At least 6 of 8 Mindful Movements (10 minutes)	 Flex and point the feet Spread and scrunch the toes Make circle with feet Squeeze and open hands Circle the wrist Extend and flex the wrist Flex and extend the elbow Rotate arms in sockets (internal rotation, external rotation, One in and one out) 			
Restorative Poses & Breathe Awareness Exercises	At least 1 of Restorative Poses (20 minutes)	 Supported Relaxation Pose for breath exercises Supported Reclined Cobbler's Pose: Variation 1 Side Child's Pose with Full Prop Set Up 			
Body Awareness Meditation	Meditation (20 minutes)	 Tier One: Basic Body Awareness Meditation from Head down Tier Two: Body Awareness Meditation for anxiety Tier Two: Body Awareness Meditation for nausea Tier Three: Complete Body Awareness Meditation 			
Reiki Application	Reiki Application (20 minutes)	 Seated Reiki session Lying down Reiki session (while patient is in restorative poses) Systematic hand placement from head to toes 			
Transitioning out of Restorative Poses	(5 minutes)	Allow rest and re-energize for travel to home			
 Session Conclusion Debriefing Symptoms Assessment (survey) 	(5 minutes)	 Semi-structured Interview Answer questions & clarify practice Home practice assignment & Essential Oil supply Provide Symptom Diary for next week Reminder of next week appointment Complete questionnaires 			
Note: Arrows indicate that the co	mponents may be	co-applied.			

Intervention Quality Checklist:

Component	Yes	No	Comments
Introduced self to begin therapeutic relationship			
Explained the overall plan of the UZIT session			
Explained rationales for each essential oil use			
Suggested appropriate essential oil based on symptom			
Administered 1-3 drops of essential oil in a cotton pad and placed 1 inch from the nose			
Explained and demonstrated each mindful movement			
Instructed participant mindful breathing technique			
Provided positive encouragement and constructive feedback to participant			
Explained and demonstrated restorative position			
Explained the process of body-awareness meditation			
Assisted and adjusted participant's pose to comfortable position			
Evaluated participant's comfort level by asking			
Administered Reiki in a systematic manner (head to toe)			
Guided participant to change position slowly			
Gave participant specific instruction for home practice			
Reminded participant to document in home diary			

Urban Zen Integrative Therapy (UZIT):



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

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

Conclusions:

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

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