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Striking Your Inner Warrior Pose: How Yoga Affects Coping Skills In Hem/Onc Patients

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Striking Your Inner Warrior Pose: How Yoga Affects Coping Skills In Hem/Onc Patients



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Introduction

This study explores the correlation between the 'coping skills' of inpatient hematology/oncology patients and their engagement with yoga. To make this comparison, yoga practices are integrated into the weekly routines of participants. These patients are often dealing with chronic conditions that necessitate extended and lengthy hospital stays, disrupting their usual daily routines

PICO Question

Will inpatient pediatric patients that utilize yoga experience better coping skills and medical outcomes compared to patients that do not?



Literature Review

The study by Long (2022) found that yoga was associated with a reduction in the frequency and severity of symptoms, including bowel pain, anxiety, and impulsivity, in these children. Furthermore, the research indicated that yoga positively impacted their attention span and mood.

Clinical Practice Implementation

In line with our commitment to enhancing coping mechanisms for pediatric patients, we are introducing yoga classes. Yoga has the potential to alleviate certain types of pain, enhance quality of life, reduce stress, and alleviate symptoms associated with various psychological disorders (Harner, 2010). When we assess the number of patients who report pain in comparison to our non-pharmacological interventions, it becomes evident that we offer very few alternatives. Clinical studies have consistently demonstrated that yoga yields psychological benefits, boosting alertness and positive emotions while mitigating negative feelings, aggressiveness, and depression.

Methods

- Researched the benefits of yoga within the chronically ill pediatric population
- Collected data on Hem/Onc inpatient young adults during the designated "Teen Time" in the 2nd floor playroom at Children's Plano
- Designed a pilot study where RN residents performed a 5 – 10-minute yoga session using GoNoodle with Hem/Onc inpatient patients
 - Participants answered immediate pre- and post-surveys and 1-day after survey
 - Survey questions included current methods of coping with hospitalization and current stress levels to identify stress improvement post yoga.

Results

- Participants reported stagnant or decreased stress levels after participating.
- Reported pain levels and hours/quality of sleep remained unchanged.

Pre-Survey:



Immediate Post-Survey:



1-Day Post Survey:



"I believe it was beneficial because the lesson told the patient to find the strength to keep going."

Literature Review



References

