

“You can’t stop the waves,
but you can learn to surf.”

-Jon Kabat-Zinn



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The Impact of Guided Imagery on Pediatric Post-operative Pain Management

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INTRODUCTION

When managing pain in pediatrics during the post-operative period, utilizing only pharmacological pain management methods is inadequate.

Overall, there is a need and desire to decrease opioid use for post-operative pain management in pediatrics and, in turn, decrease the side effects and dependence that accompany opioid use.

PICO Question

In pediatric post-operative patients, how does adding guided imagery practice to pharmacological interventions impact pain scores and opioid pain medication use compared to pharmacological interventions alone?

RESULTS

- The combination of guided imagery and analgesics improves pediatric post-operative pain management
- Pain management is improved with use of guided imagery for post-operative patients
- Guided imagery is a potentially cost-effective intervention for post-operative pain management
- Guided Imagery is effective in improving pre- and post-operative anxiety in children

DISCUSSION

“The 3 I’s of Guided Imagery”

- **Integrate** guided imagery with the use of analgesics to improve pediatric post-operative pain management
- **Implement** guided imagery as a cost-effective intervention for pain control following surgical procedures
- **Incorporate** guided imagery for the management of pre- and post-operative anxiety