An Experimental study to evaluate the effect of guided imagery in terms of pain, sleep quality, and stress among the terminally ill cancer patients admitted at selected institute of oncology in Trichy district

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ABSTRACT

Background: Cancer is one of the second largest killer diseases next to heart diseases. The world wide incidence of cancer is estimated at seven million with an annual mortality of about five million. Each person experiences terminal illness uniquely by the social and cultural contexts in which it occurs. A number of mind body interventions have been studied for use with cancer patients, primarily measuring outcomes relating to pain control, stress reduction, and enhancing quality of sleep and quality of life.

Aim: The study will evaluate the effectiveness of guided imagery in terms of pain, sleep quality and stress among terminally ill cancer patients.

Methodology
An experimental pre-test and post-test control group design was used. The study was conducted in the inpatient wards of Dr.G.V.N. Cancer Cure Centre, Trichy, among 220 terminally ill cancer patients, who were selected by simple random sampling (lot method). After data collection the final sample size was 200. The Tool used in this study was Numerical Pain Rating Scale, Groningen Sleep Quality Scale, Holmes & Rage Perceived Stress Scale. A pilot study was conducted among 30 terminally ill cancer patients at Erode Cancer Centre, Erode. Data was collected from 29.05.2011 to 19.06.2012, at Dr. G.V.N. Cancer Cure Centre, Trichy after obtaining Ethical Clearance, and informed written consent. Socio demographic data, pain, sleep
quality, and the stress levels were assessed as a pre test. Then guided imagery was administered by the investigator to the subjects in the experimental group from the 2\textsuperscript{nd} day for 15 minutes, three times (10 am, 1 pm, 4 pm) a day for five consecutive days along with routine care, whereas the control group received only routine care. Then posttest pain, sleep quality, and stress levels of the subject’s were assessed on 7\textsuperscript{th} day. The Conceptual Framework for the present study was based on Ida Jean Orlando's professional response theory.

Results: There was a significant decrease in level of pain, stress, and improvement in the level of sleep quality following 15 sessions of Guided Imagery. There was a significant association between the pretest level of pain and occupation, at p<0.05 level in the experimental group. There was a significant association between the pretest level of sleep quality and duration of treatment, at p<0.05, income at p<0.001 level, Use of alcohol at p<0.01, There was a significant association between the pretest level of stress among terminally ill cancer patients and age, modality of treatment at p<0.05. There was a highly significant negative correlation between pretest stress and sleep quality among terminally ill cancer patients in the control group. There was a highly significant negative correlation between pretest pain and sleep quality among terminally ill cancer patients in the experimental group. There was a significant negative correlation between posttest sleep quality and stress in the control group, There was a significant negative correlation between posttest pain and sleep quality in the experimental group. The results imply that adding a complimentary therapy (guided imagery) with routine treatment has contributed to obtain additional benefit in reducing pain, reducing stress and in improving sleep quality among terminally ill cancer patients, which addresses the feasibility of the intervention in Indian scenario.

Key words: Guided imagery, Pain, Sleep quality, Stress, Terminal illness, Cancer.