

Improving Pre/Intra/Postoperative Patient Satisfaction and Supporting Staff Wellness by Utilizing Walking and Finger Labyrinths

Cindy Vincentz, RN, CNOR | Marilyn J. Gerber, MA, BS, RN | Mary L. (Mimi) Pfeffer, BSN, RN, CNOR(e)

Concept/Design Poster

BACKGROUND INFORMATION

- Preoperative patients experiencing stress and anxiety has been demonstrated to increase intraoperative anesthesia requirements and postoperative pain.
- Sustained high levels of workplace stress, especially in direct patient care environment, may lead to inattention, slow clinical decision making, moral injury and post traumatic stress syndrome (PTSD).
- A Canadian study focused on the impact of walking a labyrinth on healthcare professionals in their workplace setting, with participants reporting improved coping mechanisms in their demanding and stressful workplace environment.

STUDY DESIGN DESCRIPTION

- Secondary research evidence-based practices and survey.

METHODOLOGY

- Aim is to improve patient satisfaction and elicit a sense of wellness.
 - Pre and postoperative survey will be used.
 - Data will be collected to determine effectiveness of intervention.

REFERENCES

1. Labyrinth Pathways. The Labyrinth Society. Published 2008. <https://thelabyrinthociety.org>
2. Complementary Care | AORN eGuidelines+. [aornguidelines.org. https://aornguidelines.org/guidelines/content?sectionid=245923981&view=book](https://aornguidelines.org/guidelines/content?sectionid=245923981&view=book)
3. Fairbloom, L. (2003). *Walking the labyrinth: Its impact on healthcare professionals in a hospital setting*. Unpublished master's thesis, University of Toronto, Canada. (ProQuest Digital Dissertations database. Publication No. AAT MQ84321).

STUDY QUESTIONS

1. With adult perioperative patients, how does labyrinth walking, using preprinted finger labyrinths versus no intervention improve patient satisfactions within pre/intra/postoperative phases of perioperative care?
2. With surgical staff, how does labyrinth walking, using a walking or finger labyrinth versus no intervention, support wellness in intraoperative staff?

CLASSICAL LAYBRINTH



Begin Here



<https://www.verywellfit.com>

- Dating back to at least 2000 BCE, and found worldwide, Classical Labyrinths are by far the oldest and most widespread type of labyrinth.



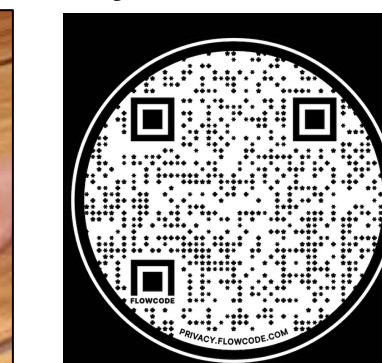
WALKING A FINGER LABYRINTH

- *There is no right way or wrong way to walk a labyrinth.*
- **FOLLOW THE PATH WITH YOUR FINGER:**
 - **On The Way In**
 - Quiet the mind, open your heart
 - Set your intention
 - Release any expectations
 - **At The Center**
 - A time to pause and reflect
 - Open yourself to your inner voice
 - **On The Way Out**
 - Integrate your inner experience

<https://www.bamboomn.com>



Labyrinth Resources



CHARTRES LABYRINTH



Begin Here



<https://labyrinthresourcegroup.org>

- First developed in 9th/10th century Europe, Medieval Labyrinths soon spread throughout Europe and have become especially popular in modern times.

WHAT IS A LABYRINTH?

- A labyrinth is a meandering path, with a singular path leading to a center.
- Labyrinths are ancient and are found all over the world, dating from the earliest antiquity, back 4,000 years or more.
- Labyrinths are tools for personal relaxation and wellness and thought to enhance right-brain activity.
- Compared to a maze, which can have more than one entrance and numerous choices along the way and is constructed to be a left-brain puzzle.

WHAT IS THE "LABYRINTH EFFECT?"

- When walking or finger walking a labyrinth:
- Described as a set of physical responses:
 - Increased calm, quiet, relaxation
 - Decreased agitation, anxiety, stress
- These responses allow for the emergence of "state of mind responses":
 - Increased centeredness, clarity, peacefulness

LAVENDER AROMATHERAPY PATCHES

<https://www.edenbrothers.com>



- Take an aromatherapy patch
- Follow directions to apply
- Experience during labyrinth walking

AROMATHERAPY PATCHES HERE

