



Stamford Hospital's Heart and Vascular Institute

Integrative Services



STAMFORD HOSPITAL
Heart & Vascular Institute

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“Helping your mind, body and spirit prepare and heal from heart and vascular surgery”

At Stamford Hospital, we recommend our heart and vascular patients utilize our integrative services. Listed below you will find a description of the types of integrative modalities that we recommend. These services are safe and effective and complement our surgical treatment program. You will be offered a chance to schedule each of these services at the time your surgery is planned. If you would like further information, please call XXX.

Music Therapy

Music Therapy uses music to address physical, emotional, cognitive, and social needs of individuals of all ages. Music therapy improves the quality of life for persons who are preparing for and recovering from surgery. Research in music therapy supports its effectiveness in helping patients to manage stress, alleviate pain and promote physical rehabilitation. You will be offered a relaxing music CD to bring home and listen to before and after your surgery.

Acupuncture

Acupuncture is one of the oldest, most commonly used medical procedures in the world. Originating in China more than 2,000 years ago, acupuncture is a medical treatment in which fine needles are inserted at critical points along “meridians” in the body that connect nerves, muscles and organs. At the Heart and Vascular Institute, it is used to help reduce anxiety, nausea and vomiting for our patients who are receiving cardiovascular surgery. We recommend each of our open heart patients receive three acupuncture sessions. Your acupuncture sessions will be scheduled for you by our office.

Pastoral Care

Stamford Hospital has a long history and tradition of providing pastoral care to our patients and families. Pastoral Care is the ministry of care and counseling provided by chaplains (who may be pastors, priests, rabbis, imams and other religious leaders) to patients of all religions (including those who do not identify themselves as being part of a religion). People have used prayer and other spiritual practices for their own and others’ health concerns for thousands of

years. For some individuals, spiritual practices are an effective way of coping with stress, and beneficial health effects may come about by reducing stress. During your hospital stay you may be visited by a member of our Pastoral Care program. If you would like to speak to one of our pastoral care providers please call x7584 or 276-7584.

Reiki Therapy

Reiki is a Japanese word that means universal life energy. Reiki is known as a type of energy medicine. Energy medicine practitioners seek to improve the flow and balance of energy in a beneficial way. Reiki therapy is delivered through the hands of the practitioner, with the intent being to raise the amount of positive life energy around the client. The client sits or lies comfortably, fully clothed. The practitioner places her hands on or slightly above the client’s body, using 12 to 15 different hand positions. The hands are positioned with the palms down, fingers and thumbs extended. During your stay at Stamford Hospital, you can receive a Reiki session after your surgery. We provide Reiki therapy because it is helpful in reducing stress and helping patients recover from surgery and anesthesia.

Massage

Massage therapy uses a variety of manual techniques designed to relieve stress and increase relaxation, mobilize various parts of the body, relieve pain and swelling and promote functional independence. Massage increases endorphins (feel-good hormones) in the brain, a sense of well-being and relaxation and a sense of hope. Massage decreases insomnia, muscle spasms and anxiety.

Cardiac Rehabilitation

Our Cardiac Rehabilitation Program has two major components; exercise and education. Exercise training helps you learn how to exercise safely, improve your cardiovascular stamina and strengthen your musculoskeletal system. Your exercise plan will be based on your individual ability, needs, and interests. Education, counseling and training helps you understand your heart condition and find ways to reduce your risk of future heart problems. Our program will help recognize and change unhealthy habits and establish new, healthier ones. Your initial rehab program will usually last for three months.

Nutrition

The goal of nutrition counseling is to help a person make and maintain dietary changes. Nutrition counseling is a process in which a registered dietitian will work with you to assess your dietary intake and identify areas where change is needed. The nutrition counselor provides information, educational materials, support, and follow-up to help the individual make and maintain the needed dietary changes.





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