

Clinically Proven Non-Pharmacological Pain & Anxiety Management Tool

In a program at the Clinical Center of the National Institutes of Health (NIH), researchers attained more than 50% reduction of pain and other symptoms using VibroAcoustic technology. A program evaluation study, published in 1999, revealed a reduction of pain and other symptoms between 49% and 59% at the NIH. Because of this success, the VibroAcoustic program has been an ongoing patient and family treatment offering at the NIH for over eight years and continues to obtain these effective results.

The NIH evaluation monitored pain and symptoms in 267 patients hospitalized for a variety of illnesses including cancer and cardiac-related issues.

The chart below shows pain and other symptom reduction percentages from this study:

Symptom Change from a Single VibroAcoustic Session - National Institutes of Health

Percentage of Reduction Symptom

54.00% reduction of--	Tension
47.36% reduction of--	Fatigue
53.33% reduction of--	Pain
57.54% reduction of--	Headache
49.45% reduction of--	Depression
56.27% reduction of--	Nausea
56.27% reduction of--	Other

This program has been in continuous use since the pilot program began and results continue to be consistent with the initial findings. The program is facilitated by recreation therapists (originally under the guidance of Dr. George Patrick, Chief of recreation therapy in the Rehabilitation Medicine Department at NIH, (who retired in 2006).

Using Vibroacoustic technology in the Foshay Cancer Center; a replication of the NIH study was completed using data from 41 patients. This study intended to determine if a busy nursing staff could administer the Vibroacoustic pain and anxiety management program and attain the same significant results as the NIH. Data collection was accomplished primarily by the nursing staff.

Results of this pilot program were equal in success to that of the NIH and confirmed that, if set up appropriately, medical center facilities could develop and manage a successful Vibroacoustic pain and anxiety management program.

Also Anxiety and Tension (Stress) Reduction

Anxiety and tension are common side effects of illness and disease that patients frequently identify and medical personnel must constantly address. Research demonstrates that high anxiety levels inhibit the healing process and perhaps increase susceptibility to cardiac and immunological disorders, among other health problems.

Tension, reported by patients also as anxiety and stress, was one of the symptoms most frequently identified in the NIH Vibroacoustic study of pain and symptom reduction. Among the patients who identified tension as a primary symptom, an average of 54% reduction was reported from a single Vibroacoustic session.

The study also measured patients' state of tension-relaxation using an additional self-report tool. All 267 patients used this scale and indicated that their tension symptom was reduced by 53.4% overall.

With clinical results demonstrating a one-half reduction of tension in a single session, Vibroacoustics clearly provides a significant method for handling tension without drugs or negative side-effects.