

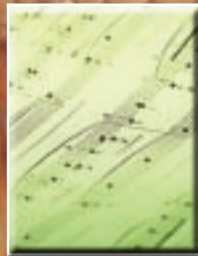
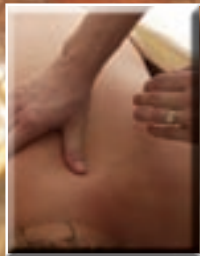


MAYO CLINIC

Healing Enhancement

P R O G R A M

**Cardiovascular
Surgery**



Offering complementary integrative
therapies along with conventional medicine

HEALING ENHANCEMENT PROGRAM

The Cardiovascular Surgery Healing Enhancement Program offers complementary and integrative therapies to patients undergoing heart surgery at Mayo Clinic's campus in Rochester, Minnesota. These healing therapies are integrated into your medical care to help reduce pain, decrease tension and anxiety, and promote healing.

The following therapies are available to you during your hospital stay at no additional cost. If you are interested in any, please tell a member of your cardiac care team.

- ❑ **Massage therapy** – Studies have found that massage can help alleviate muscle tension. As a result, patients often feel better and may need less pain medication during recovery. Massage can be particularly beneficial to open-heart surgery patients who experience back, neck or shoulder pain after surgery. Techniques involve kneading, stroking and manipulating the body's soft tissue to promote relaxation. A massage therapist is available by appointment.
- ❑ **Caring Hands** – Trained volunteers are available to provide relaxing hand massages to you and your visitors.
- ❑ **Music Therapy** – As a therapy, music can reduce anxiety and promote relaxation. Music systems with radios and CD players are available in each patient room. Please bring your favorite CDs along to the hospital with you. A limited music selection is available on the cardiovascular surgical units and through the patient library upon request.
- ❑ **Acupuncture** – Acupuncture has been used for centuries to reduce pain and nausea. At Mayo Clinic, this service is provided by a physician trained in acupuncture or a licensed acupuncturist who works under the supervision of a physician. Acupuncture may be available on a limited basis.
- ❑ **Sleep Enhancement Therapies** – Sleep patterns often change while in the hospital. Please let a member of your care team know if you are having difficulty sleeping. Resources that may be available to you include an eye mask and earplugs, music or guided imagery CDs, medications for sleep, massage, and "do not disturb" signs for the door.
- ❑ **Relaxation Therapies** – Relaxation can help reduce the physical and emotional tension and stress brought on by heart surgery. If you are interested in learning more about deep breathing, meditation, visualization, biofeedback and progressive muscle relaxation, please notify a member of your care team.



Massage therapy can be incorporated into your recovery after heart surgery.

- ❑ **Guided Imagery (visualization)** – Guided Imagery can help you guide your mind to focus on positive thoughts, specific places, experiences or events. Research has shown that practicing guided imagery a minimum of two times before surgery can reduce fear and anxiety and provide patients with a greater sense of control. You will receive a guided imagery CD in the mail prior to surgery if you have a prescheduled appointment. CDs also are available upon request.
- ❑ **Support Groups and Caring Hearts Visitors Program** – Many patients derive comfort and strength from talking with others who have had similar experiences. If you are interested in learning more about the Caring Hearts Visitors Program or support groups, please talk with a member of your care team.
- ❑ **Prayer** – Mayo Clinic offers religious and spiritual support through chaplain services for many faiths. Patients and their families may request chaplain services by contacting their nurse. In addition, chapels are located in the hospitals and clinic.

Classes offered through the Healing Enhancement Program include:

- **Relieving Stress and Renewing Energy** – Learn about stress, its impact on your health, and discuss healthy ways to respond to stressors in this class. Relaxation exercises will be practiced. Class materials include a booklet and relaxation CD for your use.
- **Healing Movement** – In this class, learn how to promote healing, relaxation and flexibility through movement after surgery. You will also learn about exercises that can be done as you recover.
- **Nutrition for Healing Enhancement and Disease Prevention** – Learn how your food choices can help you manage your cardiovascular disease and improve your overall health. A registered dietitian will help you understand options for using food to promote healing.

Wellness Classes that are offered through the Barbara Woodward Lips Patient Education Center

The Patient Education Center is located in the subway level of the Siebens building and is open 8 a.m. to 5 p.m. except for Thursdays when it opens at 9 a.m. This center offers a large variety of educational materials to patients and has several classes available at no charge to patients. These classes may be particularly helpful to your continued healing. Each class is a small group or one-on-one sessions. Education consults can be ordered on any other topic for a one-to-one session with an instructor.



- Healthy Sleep
- How to Age Well
- Introduction to Tai Chi and Qigong
- Managing Your Weight
- Relaxation Techniques
- Stress Management
- Preparing for Surgery

There are also many selections of videos on wellness and relaxation topics on the Video on Demand System on your T.V. channel 999 under patient education. There are selections through your surgical specialty or under wellness that offer several selections of relaxing music or videos.

Healing Spaces on the Mayo Clinic Campus

There are several healing spaces available on the Mayo Clinic campus that includes chapels, reflective meditation spaces and healing gardens.



- Rochester Methodist Hospital Chapel is located in the Eisenberg Building, second floor.
- Saint Marys Chapel is located at the east end of the Domitilla Building, first floor.
- Saint Francis Chapel is located in the Francis Building, Tower section, fifth floor.
- All chapels are open 24 hours a day. Spiritual support booklets, called Care Notes, also are available in all chapels.
- Groves Foundation Meditation Room, Mary Brigh Building, seventh floor, is available 24 hours a day for persons of all faith traditions. This space is designed for quiet time and meditation.
- The Saint Francis Peace Garden, on the west side of the Generose Building, is open from dawn to dusk during the spring, summer and fall. You are welcome to used the garden and other garden area on the campus for meditation and reflection.
- The Center for the Spirit, Mayo Building, subway level, is available for a quiet place of respite, meditation or prayer. There is a labyrinth here as well for you to walk through.

Humanities in Medicine Programs

The Mayo Clinic Center for Humanities in Medicine promotes an engaging and reflective atmosphere for patient care by integrating the humanities within the medical environment.

The humanities help us to transcend challenges through experience of beauty, diversity and insight. Some examples of programs that are offered include: Music performances, visual art exhibits, theatre and dance events,



bedside arts and music programs for hospitalized patients. If you are interested in learning about the programs that might be available on campus contact a member of your care team to access a calendar of events.

*A special thank you to the
Saint Marys Hospital Auxiliary Volunteers
for their continued support of the
Healing Enhancement Program.*

*Philanthropic contributions are essential to
keep heart surgery at Mayo Clinic at the
forefront of discovery. If you are interested
in supporting the Cardiovascular Surgery
Healing Enhancement Program or other
important Mayo Clinic programs, please call
Mayo Clinic's Division of Cardiovascular
Surgery at 507-255-9165 or the Department of
Development at 1-800-297-1185 (toll-free) or
visit mayoclinic.org/development.*



For More Information:

- **Healing Enhancement Program:**
mayoclinic.org/cv-surgery-healing-enhancement
- **Cardiovascular Surgery:**
mayoclinic.org/cardiacsurgery-rst
- **Heart Care:** mayoclinic.org/heart-care
- **Complementary and Integrative Medicine:**
mayoclinic.org/general-internal-medicine-rst/cimc.html
- **Transportation, lodging and parking:**
mayoclinic.org/travel-rst
- **Concierge services** (travel and lodging arrangements, maps and directions, and community resources and services):
mayoclinic.org/becomingpat-rst/patientareas.html



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