

# C.A.R.E. with Guided Imagery®

## Continuous Ambient Relaxation Environment®



### For more information:

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**T**he C.A.R.E. CHANNEL is the finest environmental programming for patient television available. Providing continual access to stunning nature imagery with original instrumental music over the full 24-hour day, The C.A.R.E. Channel has served patients and families since 1992.

Expanding on the benefits of The C.A.R.E. CHANNEL, C.A.R.E. WITH GUIDED IMAGERY uses patients' active imagination to bring about responses in their bodies that can accelerate the healing process. Studies have also shown that patients who use guided imagery prior to or during medical or surgical procedures experience significantly decreased anxiety and stress levels. Guided imagery has been shown to reduce the amount of pain medication required, thus reducing side effects and decreasing recovery time.

### Programming Details

C.A.R.E. WITH GUIDED IMAGERY is a supplement to The C.A.R.E. CHANNEL.

- 24-hour channel with varied guided imagery exercises
- Available in English and Spanish or English-only versions
- Scheduled every 30 minutes
- Special evening program to help patients sleep

### Patient Application

Guided imagery, as a clinical tool, is not subliminal, but offers a clear and easily understood narrative. C.A.R.E. WITH GUIDED IMAGERY appeals across ethnic, religious, and cultural boundaries.

Each imagery process has been developed for patients of diverse ages and diagnoses, including those who have limited or no ability to move. This includes patients with permanent or temporary paralysis, patients on ventilators, and those who are visually impaired.

Patients can listen with their eyes closed, letting the music support the spoken words.

The benefits of the guided imagery exercises are increased by repeated use. As patients become more familiar with the experience, they are also able to better focus and follow the visual imagery.

### Commitment to Care

Both The C.A.R.E. CHANNEL and C.A.R.E. WITH GUIDED IMAGERY provide patients and families with care reflective of the commitment of the staff and hospital. By introducing these programming options to patients, the nurse offers personal, non-invasive, and pain free experiences that balance the often uncomfortable interventions that have come to dominate the nurse-patient interaction.

Together, they assist the staff in caring for patients and in extending the hand of the caregiver during the many long, often lonely, hours of a hospital stay.

### Broadcast Format

- High-quality digital MPEG-2
- Provided in scheduled play format or for video-on-demand systems
- Swappable hard-drive updates
- No manual attention required
- Broadcast through CCTV system

Healing HealthCare Systems produces C.A.R.E. WITH GUIDED IMAGERY and other products and services that help healthcare organizations create clinical environments that are directly supportive of healing and recovery.

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