

PEDIATRIC INTEGRATIVE MEDICINE

REFERENCE CARD

Use this card for suggestions for integrative strategies to relieve symptoms of pain, nausea and anxiety in children and teens.

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Diaphragmatic breathing

How to talk about breathing

When we are relaxed we breathe into our abdomen (belly) allowing us to use more of our lungs to take in oxygen to use by our body. Stress and pain cause us to breathe faster, using only part of our lung space. Breathing more slowly and into our abdomen activates the muscle between the lungs and the belly, the diaphragm. This sends a signal to our body and brain that we can relax, helping us with pain, sleep and worries.

How to do it

- Get into a comfortable position.
- Put your hand on a stuffed animal on your stomach.
- Breathe in slowly through your nose and notice your stomach rise up.
- Breathe out slowly through your mouth and notice your stomach go down.
- Keep doing this and as you do let the OUT breath become longer than the IN breath.
- Gradually, the OUT breath should become twice as long as the IN breath.
- You can inhale to a count of 2-3 and exhale to a count of 4-6.

Things to know

- Props are helpful – bubbles, pinwheels, or blowing on a feather will help to slow down breathing.
- If there is abdominal pain, don't focus on the stomach, instead notice the air coming in through the nose and going out through the mouth.
- Use words like comfortable, easy, relaxed and steady.

Aromatherapy

Essential oils are plant based compounds. They are very concentrated and only a small amount is needed. The oils can be inhaled or diluted and applied to the skin.

There are many essential oils – here are five essential oils and what they can be used for:

	Pain	Nausea	Insomnia	Anxiety	Fatigue
Lavender	•		•	•	
Sweet orange			•	•	
Lemon		•			•
Peppermint	•	•			•
Spearmint		•			

Aromatherapy (continued)

If essential oils (EO) are placed on the skin they should be diluted in a carrier oil (examples are jojoba, safflower, canola) or in lotion. The smaller the child the more diluted the oil should be. Small children 1-2%, teens 3-5%.

Dilution	1%	2%	3%	5%
Drops of EO in 5ml	1	2	3	5
Drops of EO in 10ml	2	4	6	10

Abdominal massage

Make sure your hands are warm (lotion can be used but is not necessary). Always ask the child if pressure feels okay, no deep pressure and not too light as it might feel ticklish.

Massage by "following the plumbing"

- Begin with a comfort hold to the abdomen; hand(s) resting on belly
- Place lotion using gliding, clockwise strokes
- Alternate hands criss-crossing over abdomen
- Continue clockwise gliding strokes, circular strokes around abdomen

"I love u" technique

- "Warm up" descending colon first (I), then transverse colon to descending colon (L) then ascending colon, to transverse, to descending (I L U)
- Continue more clockwise strokes to abdomen and comfort holds to finish

Relaxation mental imagery

Things to know

- Before you start have the child pick a favorite place (real or imaginary).
- Even if they pick a real place give permission to imagine it anyway they want.
- Use your voice to pace, letting the volume and pitch rise and fall.
- Match your words to the child's breath: for example, waves come in on the inhalation and go out on the exhalation.
- Let the child use their imagination, give them suggestions but keep it open ended, let them surprise you with what they notice.
- To make the child more comfortable ask visitors to help the child by breathing or imagining with them.

A script

"Take a few easy, slow breaths and let your body relax and rest."

"When you are ready imagine a favorite, relaxing place. You might find that each thing you notice helps you to be more relaxed and comfortable. Notice what you hear..... see..... smell..... feel....."

[Do this slowly, if you know where the child is you can give specific suggestions like notice the sound of the waves.]

"Notice what you are doing in this place, you might be resting or you might be active, and isn't it interesting how you can still be so relaxed and comfortable."

[Continue to give suggestions until it is time to end.]

"Now bring your attention back to your breathing and start to notice the things here in this room."

"Notice and wiggle your feet and hands."

"When you are ready open your eyes."

Strategies

Nausea

- Diaphragmatic breathing
- Essential oils by inhalation: peppermint, spearmint, lemon
- Acupressure points: P 6, K 9, St 36
- Massage therapy: foot reflexology

Pain

- Diaphragmatic breathing using a squeeze ball
- Imagery: favorite place, pain switch
- Essential oils by inhalation: lavender, sweet orange
- Essential oils topically: lavender, peppermint
- Acupressure points: LI4, GV 24.5, GB 20, Lv 3
- Massage therapy: foot, hand or back massage

Anxiety/difficulty sleeping

- Diaphragmatic breathing
- Squeeze ball
- Relaxation mental imagery
- Essential oils by inhalation: lavender, sweet orange
- Acupressure points H 7, P 6, GV 24.5
- Massage therapy: foot, hand or back massage

Commonly used acupressure points

Nausea/vomiting: P 6, St 36, K 9

General pain: LI4, Lv 3

Headache: LI4, Lv 3, GB 20,

Anxiety: H 7, P 6, GV 24.5

GB 20: in the hollow below the base of the skull

GV 24.5: between the eye brows in the indentation of the bridge of the nose and the forehead

H7: lateral forearm (small finger side) at the wrist crease, just below the carpal bones

LI4: webbing between the thumb and index finger, press against the bone

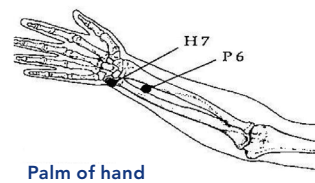
Lv3: between the great toe and the second toe on the top of the foot

P6: center, inner forearm, 3 fingers from wrist crease

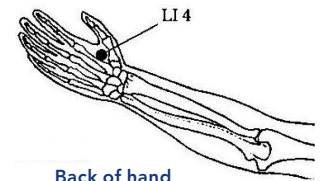
St36: 4 finger widths below the kneecap, one finger width outside the shin bone

Korean acupressure point

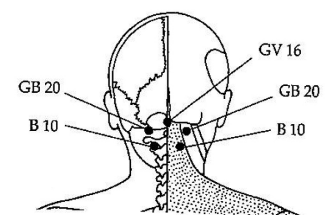
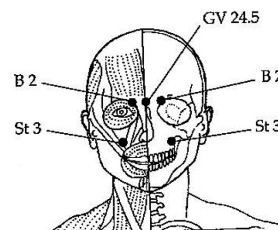
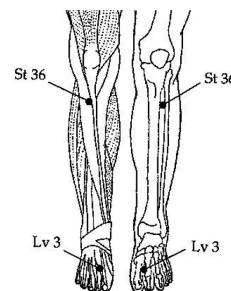
K9: just below the distal joint of the 4th finger (ring finger) on the palmar side of the hand



Palm of hand



Back of hand



Adapted with permission from Acupressure's Potent Points by Michael Reed Gach. Sign up for more acupressure information and instruction at <http://acupressure.com/online-trainings.htm>.