

INTEGRATIVE MEDICINE FOCUS AT HARTFORD HOSPITAL

Enhancing the Healing Process
and
Increasing the Quality of Life

- **Complementary Therapies:**
 - Acupuncture
 - Aromatherapy
 - Expressive ART
 - Guided Imagery
 - Massage
 - Reflexology
 - Reiki

- **Benefits of our services:**
 - Relaxation and Reduced Anxiety
 - Relief of pain, spasm and soreness
 - Improved Range of Motion and Flexibility
 - Improved Digestion and Sleep
 - Increased Circulation and Tissue Healing
 - General Sense of Well-being

- **Condition & Symptom Management**
 - Chemotherapy
 - Addiction (including Smoking Cessation)
 - Immune Support
 - Allergies
 - Arthritis
 - Asthma
 - Insomnia
 - Pain
 - Stress and Anxiety
 - Nausea
 - Headaches
 - Fatigue
 - Depression

- **Women's Issues**
 - PMS
 - Menopause
 - Prenatal
 - Infertility
 - Weight Management
 - Facial Rejuvenation

- **Men's Issues**
 - Prostate Issues
 - Erectile Dysfunction
 - Weight Management
 - Addiction
 - Hair Loss

- **Palliative Medicine**

INTEGRATIVE MEDICINE PROGRAMS

- **Patient Programs:**
 - Brownstone Pain Management Clinic
 - Pain Management Massage Pilot Project
 - In-patient Massage and Acupuncture Services
 - New Parent Family Massage and Parents' Infant Massage Training
 - Volunteer Reiki Program (hospital wide)
 - Volunteer/Intern 'ART for Healing' (Expressive Art) Program (hospital wide)
 - Sound Therapy
 - Humor 'The Funny Bone Squad'

- **Staff Programs:**
 - Employee's Chair Massage Pilot Project (Cardiology, Medicine)
 - Staff Discounted Services (Acupuncture, Massage, Reiki, Reflexology)
 - Staff Massage Sites:
 - HH Medical Library
 - Institute of Living
 - Newington Campus
 - Humor 'RX – Laff'
 - Healing Circle

- **Staff and Community Education:**
 - Patient Education
 - Support Group Education

- Medical staff Education
- Staff In-Services
- Lunch and Learn' Seminars
- Stress & Pain Management Lectures
- Reiki Training
- Expressive Art Training
- Integrative Medicine Training Center development

- **Professional Training, Lectures and Workshops:**
 - Hospitals
 - Universities
 - High Schools
 - Intern/Student/Teacher Training:
 - Medical Resident Rotation
 - Massage Therapy (CCMT Medical Massage Program Internship)
 - Newborn Baby Massage
 - Newborn Baby Massage Instructor Credentialing
 - Acupuncture (University of Bridgeport Internship)
 - Expressive Art Internship

- **Partnerships:**
 - Women's Health
 - Healthtrax Fitness Center
 - Life Choice Donor Services
 - Domestic Violence Prevention Program

- **Research**

- **Program Development Consult Services**

- **Publications**
 - NIH/NNLM funded Manual 'Building Bridges' (free on-line)
 - National Journal of Orthopedics – Alternative Therapies Focus
 - Reiki article in Berkshire Medical Journal
 - Quarterly Newsletter 'Complements' (free on-line)
 - Weekly 'Headlines in Integrative Medicine' (free on-line)
 - 'The FACES Project' Workshop and Manual