



P.A.S.S. Program of Arts and Sensory Stimulation

The effectiveness of integrative medicine has been documented for years. In fact, many medical institutions, including UMHS, utilize various integrative medicine techniques today. These techniques can frequently be found in cancer or cardiovascular centers but are rarely found in dialysis centers around the country. In-center hemodialysis patients attend treatment 3 times per week for an average of 4 hours per treatment at a dialysis clinic to sustain life. The medical regimen that is required by these patients is quite demanding from both a medical and psychosocial perspective. As a result, some patients struggle with adherence to attending treatment and/or staying for their full treatment.

In order to address adherence issues and the overall well being of our in-center hemodialysis patients at our MDS Ann Arbor unit it was identified that integrative medicine could play a positive role in the dialysis clinic. Since insurance companies do not usually pay for “complimentary” medicine, most dialysis patients would not have access to it. As a result, the idea of having integrative medicine approaches available on a smaller scale at the dialysis unit would be beneficial. These approaches include guided imagery, relaxation techniques/ music through the I Pod Touch, aromatherapy, massage therapy, and yoga breath work for pain reduction during needle insertion. All of these techniques could be done in an hour or less for maximum benefit. This concept was then presented as a grant application to Fostering Innovation Grants through UMHS as P.A.S.S.. The grant was approved on May 1st, 2009 and the program initiated in August, 2009. Additionally, through another patient fund, 4 laptops and a printer were purchased to further support the P.A.S.S. program. The patients will use the computers and printer to access wireless internet while on dialysis allowing them to search for information concerning their disease, diet, social networks and email.

Committee members are:
Karen Crampton, LMSW
Ann Snyder-Manson, LMSW
Linda Harju, R.N., Nurse Manager
Christina Thomas, C.H.T.
Sharon Boyd, R.D.
Tammy Johnston, R.N.
Erica Perry, MSW
Michael Vogel, Dialysis Patient