INTEGRATIVE MEDICINE
AT HARTFORD HOSPITAL

Since 1997 Hartford Hospital has been translating a new philosophy that integrates complementary therapies into Western medical practice to improve care and healing.

A Simple, Yet Strong Beginning
Beginning with our Women’s Health Services, which offers Reiki, Infant Massage, and Guided Imagery, the hospital’s commitment to Integrative Medicine has grown rapidly. The Integrative Medicine Program was officially launched in 1999 through a series of projects in Cardiology, Orthopedics, and Oncology by extending the Women’s Health Services to patients, families and staff. Careful data collection measured overwhelming positive outcomes in pain reduction, anxiety relief, and patient satisfaction.

As we moved into a new millennium, we began offering community education programs to the public while our first Integrative Medicine Grand Rounds began to provide education to the medical community. In subsequent years Art For Healing, Acupuncture, Therapeutic Touch, Tai Chi and Yoga were added.

Education is Critical
Building on the knowledge that education was key to the growth and success of this program, a special collection of books, audio and video tapes was added to the hospital’s Medical Library. This collection is available for use by the public, hospital and affiliated staff.

A Bright Future
The program recently celebrated its fifth anniversary and continues to grow and expand its services. The Integrative Medicine Department is committed to embracing the healthcare needs of Hartford Hospital as well as the community it serves.

Our commitment to providing patients, their families and staff with the most appropriate and effective treatments is stronger than ever. The results of this program to date have only reinforced our belief that this integrative philosophy is a better way of healing.

Integrative Medicine Program
Hartford Hospital
80 Seymour Street
Hartford, CT 06102-5037
860-972-4444
Email: iTherapy@harthosp.org
On the web: www.harthosp.org/IntMed/

For a referral to a Hartford Hospital affiliated practitioner in your area, please call the Health Referral Service at 860-545-1888

The Integrative Medicine Program is supported through private donations and grants.

INTEGRATIVE MEDICINE SERVICES
FOR IN-PATIENTS AND FAMILIES
At
HARTFORD HOSPITAL

Offering compassionate care to heal body, mind and spirit
THERAPEUTIC MASSAGE
A hands-on soft tissue manipulation, massage facilitates a slowing down and quieting of the mind and body.

- Available hospital-wide for patients and family members
- Affiliation with Connecticut Center for Massage Therapy
- Payment due at time of service - $40.
- To request a session, call Integrative Medicine at 860-972-4444

GUIDED IMAGERY
Guided Imagery is a gentle and effective technique that focuses and directs the imagination, providing relaxation, helping you connect with your feelings, and promoting pain relief.

- Available hospital-wide for patients and family members
- Sessions are complimentary provided by specially trained staff
- To request a session, notify your nurse or caregiver
- Prepare for Surgery Book and Guided Imagery Tape also available - $25.

ACUPUNCTURE
Acupuncture is the process of applying tiny needles to specific points to aid in strengthening the immune system and increasing both the function and quality of people’s lives.

- Available hospital-wide to patients
- Physician’s order is necessary
- Payment due at time of service - $70 per session
- To request a session, notify your nurse or caregiver

ART FOR HEALING
Expressive Art is a creative process that is used as a diversion to reduce stress and promote wellness. No artistic ability required.

- Sessions are provided by the Artist-in-Residence /Creativity Coach
- Sessions are complimentary
- To request a session, notify your nurse or caregiver

REIKI
Reiki is a gentle “hands-on” relaxation technique to help you feel calmer and more comfortable, facilitating the healing of mind, body, and spirit.

- Available hospital-wide for patients and family members
- Sessions are provided at no charge by Reiki Practitioners who volunteer their time
- To request a session, notify your nurse or caregiver
- To register for a Reiki class (or a Therapeutic Touch class) call 860-545-1888
- For information on the Reiki Volunteer Program, call 860-972-2448

INTEGRATIVE MEDICINE LIBRARY
The Integrative Medicine Library is a special collection of books, audio and videotapes on complementary and alternative medicine, located in the Hartford Hospital Health Science Libraries, Conklin Building 3rd floor.

- Open to the public
- Complimentary information service available for patient, family members and the public
- Lunch and Learn Programs on various topics are also available to the public
- For more information, call the Health Science Libraries at 860-972-2971

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