

Yoga therapy a new approach to prevention and care in the Aftercare and Rehabilitation Clinic (SSR)

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CLINEA complements its prevention and care approach with yoga therapy activities within its Aftercare and Rehabilitation services.

A pilot project has been set up in two SSR services specialized in oncology in the Ile de France region (in Paris 17 and Viry Chatillon) in order to measure the benefits and the integration of this new approach in the care protocols proposed to patients.

In this context, a partnership has been established with Doctor Lionel COUDRON (a doctor with a degree in nutrition, nutrithérapie, acupuncture, biology, sports medicine, EMDR psychotherapy, also co-founder of the Association Médecine et Yoga and yoga teacher for over 40 years) in order to develop in close collaboration the concept of yoga therapy applied to these two CLINEA clinics. Since March, certified yoga therapists have been providing yoga sessions to patients hospitalized in the oncology departments of both clinics.

In view of the benefits perceived by patients, CLINEA is considering deploying yoga therapy workshops for other treatments such as :

- pain (lower back pain...),
- chronic diseases (diabetes, multiple sclerosis...)

A NEW THERAPEUTIC TOOL DEDICATED TO THE WELL-BEING OF PATIENTS

“Yoga therapy is fully in line with the spirit of care developed at CLINEA, which favours non-drug approaches and invites us to take care of the patient as a whole, in his/her body and mind” explain Marc LAIDET, Director of CLINEA SSR France, and Doctor Philippe ANDRE, Medical Director of CLINEA SSR France.

The yoga therapy sessions are part of the patient's care protocol; it is a complementary approach to the care already offered by the clinic's care teams, whether it be nursing, psychic care, rehabilitation, physiotherapy, occupational therapy, nutrition...

Indeed **“the use of the specific tools of yoga can perfectly apply to the prevention and treatment of patients suffering from cancer as a complement to conventional medicine”** says Doctor COUDRON.

Yoga helps to gain serenity, to feel better in one's body and thus to recover one's body schema.

It also has a positive impact on pain, sleep, anxiety, vitality, and can also help reduce the side effects of chemotherapy treatments.

YOGA THERAPY SESSIONS AT CLINEA

A protocol of care at the patient's bedside has been developed with Doctor COUDRON and implemented in Viry Chatillon and Paris since March 2019.

These individual sessions are given by a qualified professional on medical prescription. 4 to 6 sessions are offered to patients for an average of 45 minutes per week.

The objective of these sessions is to **help the patient to be more serene**, in his thoughts, in his way of seeing things, but also in his body (to feel less tension).

It is also to **make him aware that he can act on the body and mind to improve his well-being and vitality**, then give him the keys to pursue this dynamic independently.

Thus, the exercises use simple tools such as breathing, stretching, meditation.

It is indeed essential to involve the patient in this program so that he/she is the main actor, that he/she invests and engages in a personal daily practice.

TOOLS TO EVALUATE THE BENEFITS TO PATIENTS

Tools for validating the impact of yoga therapy on the well-being of patients have been defined jointly between the CLINEA teams and Dr COUDRON in order to carry out a review of the program at the end of 6 months of experimentation.

“We are indeed very keen to measure the benefits of the new therapeutic tools that are put in place, whether it is a technological innovation in terms of equipment, or a new approach to care.

Indeed, the Group intends to promote evidence-based innovation, through a rigorous multidisciplinary evaluation of the projects developed before their possible deployment within the Group's establishments” concludes Dr Philippe ANDRE.

The effects of yoga therapy will therefore be evaluated:

- from the point of view of patients' perception of their emotional state, the quality of their sleep, their feeling of fatigue, stress, but also their body sensation ;
- from the point of view of the health care teams on the evolution of the symptoms, the general state of health, the vitality, the psychic state, the evaluation of the pain, but also of the digestive disorders for example.

The benefits of the therapy should also help to improve the experience of care and thus its effectiveness.

About CLINEA (www.clinea.fr)

Created in 1999, CLINEA is a private group of specialized health institutions:

- in Aftercare and Rehabilitation Care (SSR): for people requiring medical follow-up, rehabilitation care, prevention and health education, following surgery or in the context of an acute episode of a chronic disease;
- and in Psychiatry, for people suffering from psychological illnesses.

CLINEA is a subsidiary of the ORPEA Group. Created in 1989, ORPEA is one of the world's leading actors in the global care of Dependency, with a network of 950 establishments for 96,577 beds (including 17,388 beds under construction) in 14 countries, spread over 5 clusters :

- France Benelux: 484 establishments / 42,625 beds (of which 4,514 are under construction)
- Central Europe: 238 establishments / 25,419 beds (including 4,389 under construction)
- Eastern Europe: 125 establishments / 12,917 beds (including 2,817 under construction)
- Iberian Peninsula / Latam: 102 establishments / 15,476 beds (including 5,668 under construction)
- Other countries: 1 establishment / 140 beds

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