

PMR IN CANCER PATIENTS

**Implementation of a Progressive Muscle Relaxation Intervention to Decrease Cancer
Patients' Distress: A Quality Improvement Project**

Theresa Bradley Thomas

Paper submitted in partial fulfillment of the
requirements for the degree of

Doctor of Nursing Practice

School of Nursing, University of Louisville

July 25, 2023

Sarah Schirmer

Dr. Sarah Schirmer

DNP Project Chair

July 25, 2023

Date

Katharine C Adelstein

Dr. Katharine Adelstein

DNP Project Committee Member

July 25, 2023

Date

Sara Robertson

Dr. Sara Robertson

Associate Dean DNP and APRN Programs

August 2, 2023

Date