



Hob Osterlund

Add a Little HA HA HA To Your HO HO HO

Humor helps keep you healthy and relaxed during the stressful holiday season, says clinical nurse specialist Hob Osterlund, MS, RN, CHTP.

HERE'S HOW:

- **Humor is analgesic. It makes you less of a pain**
- **Humor is laxative. It's safe and gentle enough to be taken in large doses in polite company.**
- **Humor encourages mental breakthroughs instead of breakdowns. It keeps you out of crowded psych wards.**
(Your voices get along better!)
- **Humor is honest. You can't laugh and lie at the same time. (Politicians believe they're exempt, but it's a big fat fib.)**
- **Humor promotes community. People who laugh together stay together. People who don't laugh get mad and form political parties.**

the office that morning and announced my idea to my colleagues," recalls Hob, "and told them a few lines. Everyone laughed hysterically, then added their own ... and Ivy Push was born."

As word caught on (and the laughter spread), Ivy Push, who deadpans in pidgin and sits, exhausted, on a broken commode in a hospital utility room, was invited to appear at healthcare conferences around the country. In 1998, Hob made her first video, *Ivy Push: Live in Honolulu*. In 2005, she produced and starred in *When Ivy Push Comes to Shove* before a sold-out audience at Manoa Valley Theatre.

WHEN IVY PUSH COMES TO SHOVE is available at stores throughout Hawaii. Or visit ivypush.com.

These days, in addition to working at Queen's, Hob continues traveling to national and international health conferences, performing as Ivy Push to enthusiastic audiences. She's also launched the Chuckle Channel at Queen's Medical Center: in-house television programming that runs uplifting comedy 24 hours a day. Currently, patients and staff can laugh their heads off watching Ivy Push, Andy and Ray Bumatai, and the late "Rap" Reiplinger. Hob hopes to add much, much more.

"I'd love to see every single medical center in the country have a 24 hour comedy channel for patients," she says. "It breaks my heart to walk into a hospital room and see a patient watching the news. The news focuses on the worst thing humans can do to each other. How can you believe in life if that's what you watch all the time?" What Hob adores about comedy—and the Chuckle Channel—"is that it's the only complementary practice that nobody objects to. You don't need a doctor's orders or detailed hospital policy to prove that it's good." She quickly points to recent cardiac studies that show "watching something funny and laughing increases blood flow to the heart." Yet more radical in that study, she emphasizes, is "the recognition that when you watch something violent, it actually constricts your blood vessels."

It's clear from Hob's exploding success that she was right all along: humor in healthcare is indeed very good medicine. But she definitely doesn't want to be the one to have the last laugh. Hob Osterlund and Ivy Push invite the rest of the world to join in. ✨