



Chuckle Channel™

Better Living Through Comedy

Closed-Circuit TV Comedy for Hospitals and Healthcare Settings

Laughter feels good. It's a recess from stress, a rebound from discouragement, a retreat into the safety of compassionate humanity.

As founder of Health, Humor & Hospitals, Inc, Hob has learned first-hand about the Chuckle Channel's benefits.



Ivy Push, RN
Chuckle Channel Host

The Chuckle Channel® is produced by nurse and humor expert Hob Osterlund. Her comedy alter-ego, Ivy Push, RN serves as the channel's host. Ivy's been a staff nurse for more than 40 years. She and a few of her friends appear between each film to entertain the hospitalized patient about nurses, doctors and the state of modern healthcare.

During her rounds as a Pain and Palliative Care Clinical Nurse Specialist at The Queen's Medical Center in Honolulu, her patients have taught her how such entertainment lifts their spirits, relieves their distress and offers courage. Hob is now a Principal Investigator in research that seeks to quantify the impact of comedy on various symptoms such as pain, anxiety and fatigue.

All Chuckle Channel® films are guaranteed to meet our **SUFI** criteria:

- S**uitable for all ages
- U**plifting
- F**unny
- I**nclusive

"Patients often mention the Chuckle Channel to me and describe the support they've received from it during their hospitalization. As a physician, I've found it offers an easy way for me to build rapport with patients through an unspoken acknowledgment of our shared humanity. As more data become available regarding the negative effects of stress on health and healing, it becomes clearer and clearer that one of the worst things we can be doing for our hospitalized patients is subjecting them to much of the dehumanization that constitutes so much of television programming. Alternatives that include music, nature and humor promote a much more healing environment. As more controlled trials like Hob's enter the literature, I firmly believe we will soon be able to make legitimate health claims for humor therapy."



Daniel Fischberg, MD, PhD
Medical Director,
Pain & Palliative Care Department
The Queen's Medical Center