Integrative Nursing: Teaching Reiki to Parents and other Caregivers
My Mom and Dad: 1958
OBJECTIVES
At the conclusion of this presentation, participants will be able to...

• Discuss the clinical application of integrative nursing for symptom management and self-care.
• Discuss research and rationale for selecting Reiki as the modality to pilot classes for teaching parents integrative therapies.
• Give examples of ways to modify teaching strategies to meet the unique needs of a given audience.
• Discuss ideas for implementing and evaluating Reiki practice in other areas of health care.
REIKI PRACTICE

• Quality Improvement and Needs Assessment
• Integrative Nursing and Symptom Management
• Pediatric BMT unit and Long Term Care
REIKI PRACTICE
REIKI IS A STRESS REDUCTION AND RELAXATION TECHNIQUE
"I have to say I had a different impression of what Reiki is all about."
Reiki Principles

1. Just for today, I will live in the attitude of gratitude.
2. Just for today, I will not worry.
3. Just for today, I will not anger.
4. Just for today, I will do my work honestly.
5. Just for today I will show love and respect for every living being.
Touch and Energy Language

- A paradigm shift: from a causation and mechanistic model of energy to a more relational model that acknowledges that energy has multiple manifestations.

- Aristotelian concept of ‘energeia’, which was used to describe the actualizing of potentials, or ‘kinesis’, the process of change that exists with purposiveness.

Use of Reiki in the Hospital Context

Three main areas:

1. Incorporating Reiki practice for fast-paced health environments, to reduce stress, anxiety and pain in patients and caregivers
2. Comfort/palliative/hospice care
3. Continued exploration of self-care with Reiki
Integrative Health: New Models of Care

• Healing arts program
• Volunteers
• Holistic Nurse Clinician
• Nursing Care

FEASIBILITY AND SUSTAINABILITY - common thread of successful and sustainable programs – integrated within nursing.
Integrative Nursing

“Integration is the cornerstone of nursing as a discipline and practice: it guides our thinking, our actions, our relationships.”

“Integrative nursing is a way of being-doing-knowing that advances the health and wellbeing of people, families and communities through caring and healing relationships. Integrative nurses use evidence to inform traditional and emerging interventions that support whole person and whole systems healing.”

Kreitzer and Koithan, p. 4
Integrative Nursing: 6 Principles

1. Human beings are inseparable from their environments.

2. Human beings have the innate capacity for health and wellbeing.

3. Nature has healing and restorative properties that contribute to health and wellbeing.

4. Integrative nursing is person-centered and relationship-based.

5. Integrative nursing practice is informed by evidence and uses the full range of therapeutic modalities to support/augment the healing process, moving from least intensive/invasive to more, depending on need and context. **NEW THERAPEUTIC ORDER FOR THE NATION**

6. Integrative nursing focuses on the health and wellbeing of caregivers as well as those they serve.
Symptom Management

The least invasive modalities are those that can be safely administered and for which there is evidence supporting their effectiveness in symptom management.

1. Stress
2. Nausea
3. Sleep
4. Anxiety
5. Depressed Mood
6. Fatigue
7. Pain
8. Cognitive Impairment
9. Spiritual Distress
PEDIATRIC INTEGRATIVE HEALTH & WELLBEING
Goals of integrative care in pediatric blood and marrow transplant (BMT)

- Improve the care experience
- Improve symptom management
- Enhance resiliency and capacity to cope
- Focus on bodymindspirit wellbeing

“Wellbeing is a state of balance of alignment in body, mind and spirit. In this state, we feel content; connected to purpose, people and community; peaceful and energized; resilient and safe. In short, we are flourishing.”

–Center for Spirituality and Healing, University of Minnesota
Person-centered and Relationship-based

Child’s Emotional Needs

Child’s Mental Needs

Child’s Physical Needs
Hospital-based Integrative Therapies

- Acupressure
- Acupuncture
- Aromatherapy
- Biofeedback
- Breathing Techniques
- Clinical Hypnosis
- Creative Arts Initiatives

**Energy Therapy: REIKI**
- Guided Imagery
- Healing Music
- Integrative Health Consults
- ‘M’ Technique
- Massage
- Music Therapy
- Nutrition Classes & Consults
- Yoga Calm
A Reiki session commonly puts the recipient's body into a state of relaxation, presumably by down-regulating autonomic nervous system tone, which lowers blood pressure and relieves tension and anxiety. (Meland, B., 2009, p. 57).
Physiologic Effect of Reiki

• To date, the strongest support for the measurable physiologic effect of Reiki was demonstrated in an animal model. (2008). Reiki improves heart rate homeostasis in laboratory rats. *Journal of Alternative and Complementary Medicine, 14*(4), 417-422.

• 3 male rats implanted with radiotelemetric transducers exposed to 15 min. white noise for 8 days.

• Last 5 days rats received 15 min. of Reiki immediately before noise and during noise period, repeated using sham Reiki.

• Results: Reiki, not sham Reiki, significantly reduced HR compared to initial values and the rise in HR produced by exposure of rats to loud noise.

• Conclusion: Reiki is effective in modulating HR in stressed and unstressed rats, supporting its use as a stress-reducer in humans.
Testing Feasibility, Acceptability and Safety of Reiki Touch for Premature Infants
Laura Duckett, PhD, MPH, RN, and Debbie Ringdahl, DNP, RN, CNM

• Reiki touch provided to infants at 28-33 weeks (10 infants)
• 15 minutes of Reiki x 10 days
• 3 hand positions/Reiki session
• Data collected pre/post Reiki: HR, respirations, oxygen sat., behavioral states
• July, 2008 – August, 2010
• No adverse effects have been noted
• Research studies on **Reiki** demonstrate physiologic and psychologic evidence of stress reduction following use of these therapies
Potential Benefits

For Patients

1. Reduction of stress, anxiety
2. Promoting feeling of control and engagement in own wellbeing
3. Promoting trust between patient and caregiver(s)
4. Additive benefit to conventional drug therapies potentially allowing reduced medication, fewer side effects and toxicities
5. Possible shorter recovery times

For Caregivers

1. Reduction of stress/burnout
2. Promoting positive well being, sense of competence
Effects of Touch Therapies on Nurses

• Practitioners receive the benefits of the therapies while performing them on patients.

• Positively influencing well-being, quality of care and stress reduction.


The health and wellbeing of caregivers
FOCUS ON GIVING PARENTS TOOLS: REIKI
The power of touch...
PROJECT Details
Goal: to teach nurses and parents Reiki

- Reiki is a hands on touch therapy that induces a relaxation response and is easy to learn.

- Reiki has been used to manage cancer symptoms and pain in a variety of health care settings.

- Parents of children with cancer experience unique stressors, including feelings of helplessness as their children manage pain and anxiety/stress.
Parents of children with chronic health problems experience both chronic and acute stress, including feelings of helpfulness as their children manage pain and anxiety/stress.

Cousino & Hazen, 2013
A recent pilot program demonstrated that teaching Reiki to caregivers of hospitalized pediatric patients improved patient comfort, provided relaxation, reduced pain and assisted the caregivers in becoming active participants in their child’s care. A participation rate of 94.4% was achieved by offering shorter and more frequent classes, as well as adapting classes to take place in their child’s room.

Kundo, Dolan-Oves, Dimmers, Towle, & Doorenbos, 2013
Literature Support

The use of Reiki among parent caregivers has potential for mitigating parental stress by reducing their child’s stress. A recent case report of a nine-year old female with a history of several chronic conditions demonstrated that twice weekly Reiki sessions over a period of 6 weeks reduced stress in both mother and child and improved the child’s sleep.

Bukowski & Berardi, 2014
Pediatric BMT Unit

Conducting a Needs Assessment in Preparation for A Pilot Reiki Program on a Pediatric Blood and Marrow Transplant Unit

Project objectives

1. Assess the nursing staff's perception of pediatric BMT patient needs on Unit Four, Pediatric BMT.
2. Assess the sources of stress among nursing staff on Unit Four, Pediatric BMT.
3. Assess parent's perception of their child's needs on Unit Four, Pediatric BMT.
4. Assess the sources of stress among parents of children on Unit Four, Pediatric BMT.
5. Provide experiential Reiki sessions to nursing staff and parents to increase knowledge and understanding of Reiki practice.
NEEDS ASSESSMENT SURVEYS

- Assessing parents’ and nurses’ perceptions of BMT children’s need for management of pain, sleep, nausea and anxiety

- Assessing parents’ and nurses’ perceptions of various non-pharmacological methods of helping BMT children manage symptoms

- Assessing what forms of support would be most useful to parents post-hospitalization

- NURSE SURVEY: 12 questions, 23 respondents

- PARENT SURVEY: 7 questions, 7 respondents
NEEDS ASSESSMENT SURVEY RESULTS

What helps your patients/child manage pain?

100% of nurses said pain medication was either very or extremely helpful

57% of parents said pain medication was either very or extremely helpful

71% of parents said family members in room was extremely helpful

43% of parents said touch was extremely helpful

50% of parents said relaxation was extremely helpful

Nurses: Do you think it would be feasible to spend 5-15 minutes per day providing patients with a hands on touch therapy in conjunction with your nursing care?

Yes = 17%
No = 83%
• not enough time
• difficult to switch back and forth between task oriented work and healing presence
NEEDS ASSESSMENT SURVEY RESULTS

Parents: What additional support would be or would have been helpful during your child's hospitalization?

1. ‘Learning relaxation techniques to use with your child to reduce stress‘
2. ‘Learning skills to reduce your child's pain and anxiety’
PROJECT PURPOSE

The purpose of this project was to teach Reiki to the caregivers of children receiving blood and marrow transplants: to provide them with tools for increasing comfort and reducing pain and anxiety that they can use during and after hospitalization.
TEACHING STRATEGIES
REIKI PARENT CLASSES

- Reiki classes offered in flexible and shorter format to meet parent needs
- 3 weekly sessions, 2 1/2 hours
- Classes took place on the unit
- Volunteers were provided to stay with children while their parent(s) attended class
- Healthy meal provided to parents on class nights
- Basic information obtained through intake form
- Reiki provided to parents during class for their own stress reduction
- Evaluation through focus group
PARENT PERSPECTIVE

WAS THIS A MEANINGFUL EXPERIENCE FOR YOU?

• “This (Reiki) gives a way to offer positive touch and remind him that I have a good side. It was finding another way to connect with him.”

• “I can leave her for a few hours. This was a good reminder that it’s ok and good for me to come back inside myself for some healing. Having some restful rejuvenation- a different kind of energy than just napping or downtime- has helped sustain me.”

• “I wouldn’t have attended these classes if they weren’t on the same floor as my child.”
CONCLUSIONS

• Reiki is a safe, cost-effective, and simple technique

• Reiki can facilitate a meaningful connection between parent and child

• Integrative therapy classes need to be adapted to meet needs of participants
STAFF PERSPECTIVE (7)

RN, pediatrician, integrative therapies coordinator, chaplain, CMA, hospital chaplain, volunteer and self employed massage therapist

- 13 question survey
- 7/11 responses (4 RNs didn’t respond)
- March 2015, October 2016 Reiki classes offered to staff
Who receives Reiki from you?
• Self care: 43%
• Patients: 71%
• Staff: 14%
• Patient family members: 29%

How frequently do you use Reiki at work?
• Not at all: 29%
• Occasionally (1-2 x mo): 57%
• Most days: 14%

What is the average length of Reiki use (per person) at work?
• 1-5 min: 20%
• 10-15 min: 60%
• 15-30 min: 20%

What are the obstacles to using Reiki at work?
• Lack of time - 71.43%
• Lack of confidence - 28.57%
• Uncertain whether Reiki will be accepted - 42.86%
What are the reasons you choose to use Reiki at work?

- It helps me relax - 28.57%
- It helps patients/residents and/or family members relax - 71.43%
- It helps patients/residents sleep better - 57.14%
- It helps patients/residents manage pain better - 57.14%
- Patients/residents ask for it - 42.86%
- Helps me feel like I’m doing something that helps - 42.86%
- Helps me feel more connected to the patient/family member - 28.57%
- As an introduction to integrative therapies - 0.00%

Would you recommend a Reiki class to your colleagues? – 100%
Would you recommend a Reiki class to parents or family members of patients/residents? – 100%
How would you describe the effect of using Reiki on self or others?

- reduces pain - 42.86%
- reduces anxiety - 85.71%
- reduces stress - 100.00%
- reduces fatigue - 14.29%
- reduces nausea - 14.29%
- increases relaxation - 100.00%
- promotes sleep - 42.86%
- restores energy - 57.14%
Reiki

Just for Today

I will not be angry
I will not be worrisome
I will be grateful
I will be honest in my work
I will be kind to every living thing
Reiki
Relaxation Therapy
is a method of stress reduction that can be easily learned and effective in as little as ten minutes. Reiki has been shown to reduce pain, ease nausea, enhance relaxation, and help with sleep. It is a simple hands-on relaxation technique that can be done in a chair or bed, fully clothed.

What do I need to know to start practicing Reiki?

- Understanding of creating a healing space and safe environment
- Attunement
- Basic knowledge of hand positions
Creating a healing space

- Intention
- Respect
- Integrity
- Consider privacy and comfort

Creating a healing space means providing Reiki with intention, respect and integrity. Your intention should be positive, but it can be whatever you would like. For example, you might set an intention to bring peace and comfort to your child.

Reiki is a quiet relaxation technique. You can enhance its effects by creating a space that is warm, comfortable and private. The person receiving Reiki should feel comfortable and safe: physically, mentally and emotionally.

What is an attunement?
The attunement process allows access to Reiki energy. It is done by a Reiki practitioner who has completed the mastery level training. Author of The Reiki Factor, Dr Barbara Weber Ray says this about attunement, “This is like turning on a switch: once it is done, the energy begins to flow. You cannot drain yourself of energy because you are acting as a channel through which the energy is flowing.”

The attunement process may leave you feeling peaceful, and you may notice a shift in your awareness afterwards. Some people may notice warmth in their hands or a general feeling of relaxation, while others feel no changes. You don’t need to have a profound experience to know the attunement has worked. Reiki is about a subtle shift in awareness and peaceful feelings of relaxation.

Why is the Reiki attunement necessary? How does it work?
The attunement is a process that activates your healing energy. While everyone has some natural healing ability we know from experience that those who receive a Reiki attunement have noticeably stronger healing energies coming from their hands and are able to help others in a more effective way. The process takes about five minutes and will take place in a quiet room with the instructor. It is a quiet, meditative act that you only need to receive once.
What do I need to know about the hands on practice of Reiki?
- You should always ask permission to touch before starting
- Generally a light touch is used, 2-3 minutes in each position
- Hand positions are used but they can be changed and adapted
- You can use hands off in some areas if you prefer
- Reiki is non-directive and intuitive, let the energy do the work
- You can do no wrong!

What does non-directive mean?
Non-directive means that the Reiki energy flows without you directing it. You don’t have a magic wand that you can wave to make certain things happen. The practice of Reiki often results in feelings of relaxation and calm, and you are supporting this through your presence and engagement.

Resources for Learning More
Reiki In Depth  http://zumneu.nih/reiki
Reiki Healing Practices  http://zumneu/reikipractices
Christian Reiki  http://zumneu/christianreiki
Center for Reiki Research  http://zumneu/reikiresearch
My Dad’s Story

- My dad, age 82
- West Nile Encephalitis/Meningitis diagnosed August 17, 2006
- Hospitalized August 13-25, 2006
- Reiki in the hospital during the night shift!
- Daily improvement
- Discharged to transitional care facility August 25, 2006
- Home October 20, 2006!
- March 7, 2016: 92 years
- 3/7/24 - 10/24/16
Implementation of Hospital-Based Reiki Program

- Chemotherapy Infusion Unit in a Community Hospital
- Teach nursing staff Reiki and develop a Reiki protocol
- 5-15 minute Reiki treatments incorporated into nursing care during infusions
- Pre-and-post anxiety/pain scale
- Pre-and-post Maslach Burnout Inventory

- 2007-2008
LONGTERM CARE
INTEGRATIVE HEALTH & WELLBEING
Unique Needs of Elderly

• Dementia - anxiety, confusion, frustration
• Chronic health problems - pain, anxiety, depression, physical limitations
• Loss of family and friends – loneliness, depression
• Isolation – lack of touch and connection with others
Reiki Research Studies on Senior Population

- Decreased pain, depression, anxiety

- Relaxation, improved physical symptoms, mood, well-being, curiosity and a desire to learn more, enhanced self-care, sensory and cognitive responses

- “We believe that Reiki reduced stress, anxiety, and pain in elderly patients with dementia.”
PIPP Grant

GSS received a two year PIPP grant (10/1/14 - 9/30/16) to address 2 quality indicators
1) behavior affecting others
2) use of anti-psychotics without a diagnosis

Center for Spirituality and Healing consulted to help determine which integrative therapies most appropriate to this setting and most likely to achieve the desired outcomes.

Comprehensive needs assessment conducted.
FOCUS ON GIVING CAREGIVERS IN LONG TERM CARE TOOLS: REIKI
• Roll out CSH curriculum in integrative therapies:
• Incorporate self care into training

• Hand/foot massage (TMAs)
• Aromatherapy (Nursing staff, Chaplaincy, Activities Staff)
• Acupressure (Nursing staff)
• Reiki (TMAs, Nursing staff)
Reiki Class Teaching Outline

- 12 hours, 8/4
- Learn and practice hand positions for seated, table/bed, self-Reiki session
- Focus on clinical application of Reiki within context of long term care and unique health care needs of residents
- Reiki practice for self care
- Follow up class with integration into care of residents
Staff Survey (5 months after class)

- 2 TMAs, 2 nurse managers (Huntington’s Chorea unit, Men’s Behavioral unit), Activity director and assistant
- 13 question survey
- 6/6 responses
- August 2016 Reiki classes offered to staff
Who receives Reiki from you?
- Self care: 83%
- Patients: 67%
- Staff: 17%
- Patient family members: 17%

How frequently do you use Reiki at work?
- Not at all: 17%
- Occasionally (1-2 x mo): 67%
- Most days: 17%

What is the average length of Reiki use (per person) at work?
- 1-5 min: 17%
- 5-10 min: 50%
- 10-15 min: 17%
- Variable: 17%

What are the obstacles to using Reiki at work?
- Lack of time - 33.33%
- Lack of confidence - 16.67%
- Uncertain whether Reiki will be accepted - 33.33%
- Forget to use – 50%
What are the reasons you choose to use Reiki at work?

• It helps me relax - 83.33%
• It helps patients/residents and/or family members relax - 100.00%
• It helps patients/residents sleep better - 16.67%
• It helps patients/residents manage pain better - 16.67%
• Patients/residents ask for it - 0.00%
• Helps me feel like I’m doing something that helps - 66.67%
• Helps me feel more connected to the patient/family member - 33.33%
• As an introduction to integrative therapies - 0.00%

Would you recommend a Reiki class to your colleagues? – 100%
Would you recommend a Reiki class to parents or family members of patients/residents? – 100%
How would you describe the effect of using Reiki on self or others?

- reduces pain – 50.0%
- reduces anxiety - 83.33%
- reduces stress - 16.67%
- reduces fatigue - 16.67%
- reduces nausea – 100.0%
- increases relaxation - 16.67%
- promotes sleep - 33.33%
- restores energy - 33.33%
LESSONS LEARNED
(Lessons from the Samueli Chronic Pain Breakthrough Collaborative: 4 domains)

• Nursing leadership and Quality Improvement: PDSA cycles (integrative care delivery, sustainable business model)
• Comprehensive Needs Assessment drives feasible and sustainable change (organizational support)
• Reiki provides symptom relief for peds BMT patients and long term care residents (integrative care delivery)
• Reiki provides self care for formal and informal caregivers (patient self efficacy)
• Program success lies in adaptation to meet participant needs (patient self efficacy)
• CHANGE HAPPENS, ENERGY POTENTIATES
References


References


References


• Trelstad-Porter, R., Tomaino, J., & Voss, M. (2013). Executive summary of needs assessment and recommendations for Amplatz Children’s Hospital BMT Unit integrative health program.
QUESTIONS?
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