



An Innovative Collaboration for an Oncology-based Reiki Program

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The Oncology Patient Experience

In **2016** >1.6 million new cases of cancer were diagnosed

- Pain
- Fatigue
- Insomnia
- Nausea/vomiting
- Neutropenia
- Infection



- Depression
- Helplessness
- Spiritual distress
- Stress/anxiety
- Trouble processing information

REFERENCES: American Cancer Society (2016); Langhorne (2007)

Oncology Patient – Family Experience

- Pain
- Fatigue
- Insomnia
- Nausea/vomiting
- Neutropenia
- Infection



- **Spiritual distress**
- **Helplessness**
- **Depression**
- **Caregiver fatigue**
- **Stress/anxiety**
- **Trouble processing information**

REFERENCES: Langhorne (2007)

Patient – Family – Staff Experience

- Pain
- Fatigue
- Insomnia
- Nausea/vomiting
- Neutropenia
- Infection
- **Physical strain**



- **Spiritual distress**
- **Helplessness**
- **Depression**
- **Caregiver fatigue**
- **Emotional exhaustion/burnout**
- **Trouble processing information**
- **Stress/anxiety**
- **Mental overload**
- **Compassion fatigue**

REFERENCES: Emlid et al. (2016); Kalazek et al. (2010); Shang et al. (2013)

INTEGRATIVE APPROACHES



- Acupuncture
- Aromatherapy
- Biofeedback
- Breathing Techniques
- Energy Therapy: REIKI**
- Guided Imagery / Relaxation
- Massage / 'M' Technique
- Music Therapy
- Nutrition
- Yoga

- Recent estimates suggest 64% of cancer patients in U.S. use complementary/integrative modalities to manage symptoms and promote well-being
- Staff are also utilizing modalities like Reiki for self-care

REFERENCES: Fortune & Price (2003); Natale (2010); National Center for Health Statistics (2007); Viale (2009)

REIKI: A Stress Reduction and Relaxation Technique

A Reiki treatment commonly puts the recipients body into a state of relaxation, presumably by down-regulating autonomic nervous system tone, lowering blood pressure and relieving tension and anxiety (Meland, 2009, p. 57)



REFERENCES: Beard et al. (2011); Birroco et al. (2011); Braghovde (2006); Catini et al. (2011); Cuneo et al. (2011); Diaz-Rodriguez et al. (2011); Lee et al. (2007); Miles (2007); Olson et al. (2003); Thrane & Cohen (2014); Tsang et al. (2007); vanderVaart et al. (2009)

PURPOSE

To launch a volunteer Reiki program on a 32 bed inpatient oncology unit at a Magnet recognized hospital

Aims

- To promote relaxation and aid healing for cancer patients/families
- To reduce stress and encourage self care of oncology staff

VOLUNTEER REIKI PROGRAM

- Reiki volunteers offer services 3 days a week:
Wednesdays 6-8 p.m. & Tuesdays/Saturdays 2-4 p.m.
- Nurses help identify patients/families who are interested in a Reiki session
- Staff can voluntarily request a Reiki session
- Reiki sessions are 30 minutes in length



METHODS

- Quality improvement methodology
- Pre / post evaluations of 3 outcomes (using 5-point Likert):
 - Pain/discomfort
 - Stress/anxiety
 - General well-being
- Open-ended comments to assess subjective impact



SAMPLE (N=400)

	Patients/Families (n= 371)			Staff Members (n=29)		
	Mean	(SD)	[Range]	Mean	(SD)	[Range]
Age	63.3	(15.1)	5-98	41.1	(11.00)	25-60
	n	(%)		n	(%)	
Gender						
• Males	134	36.1		6	20.7	
• Female	226	60.9		21	72.4	
• Unknown	11	3.0		2	6.9	

QUANTITATIVE RESULTS

	PATIENTS' FAMILY MEMBERS		STAFF MEMBERS	
	Baseline (Mean/SD)	Post-Reiki (Mean/SD)	Baseline (Mean/SD)	Post-Reiki (Mean/SD)
Stress*	3.56 (1.42)	1.89 (1.06)	3.63 (.97)	1.57 (.66)
Pain*	3.36 (1.48)	2.08 (1.14)	3.00 (1.41)	1.50 (.71)
Well-Being*	2.52 (1.23)	3.64 (1.10)	4.00 (1.50)	5.00 (2.83)

*p<.05 (t-tests) – No statistical differences in outcomes between patients/family members & staff

QUANTITATIVE RESULTS

	Baseline (Mean/SD)	Post-Reiki (Mean/SD)	% Change	p-value
Stress*	3.67 (1.20)	1.83 (1.01)	50.14% ↓	.001
Pain*	3.24 (1.43)	2.07 (1.14)	36.11% ↓	.001
Well-Being*	2.52 (1.24)	3.64 (1.10)	44.44% ↑	.001

*p<.05 (t-tests) – Statistically improved outcomes from pre-to-post Reiki session

QUALITATIVE THEMES

- **Relaxation** – "I feel more relaxed and at peace"
- **Calming** - "I feel more centered"
- **Sleep promotion** – "Made me sleepy - I took a nap and it felt good"
- **Lessened pain** – "Wow, this is better than morphine"
- **Thankful** – "Very thankful, felt the energy"

IMPLICATIONS FOR PRACTICE

Keys to a Successful Reiki Program

- Openness of oncology team to integrative modalities
- Dedicated volunteer coordinator
- Adequate pool of Reiki volunteers
- Measures to assess impact of Reiki for the populations served

CONCLUSION

REIKI is an integrative modality that may promote healing for cancer patients/families & self-care of staff by:

- Reducing stress/anxiety and pain
- Enhancing well-being

靈氣

Dorothy Bradshaw
Jennifer Brodigan – **Volunteer Coordinator**
Monique Cushing-Fournier
Susanne Esch
Suzanne Pin
Cynthia Powers
Kevin Priest
Colleen Rogers
Jennifer Rothrock-Dickinson
Amelia Widharma
Kristie Will
Wendy Williams
Sarah Wort

**THANK YOU TO OUR TEAM OF
VOLUNTEER REIKI PRACTITIONERS!**

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DISCUSSION