

Référence	Efficacité du Reiki - Type de soins/maladie - Échantillon Mesures (perception ou objectives) Résultats de l'essai	Intégration dans Hôpitaux services (dépt.) Lieu - Qui donne le service (personnel de l'hôpital ou autres) - Type de traitements offerts - complémentaire? Pré/post opératoire)	Réduction des coûts	Autres informations pertinentes
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<p>Preliminary report on the use of Reiki for HIV – related pain and anxiety Pamela Miles Alternative Therapies in Health and Medicine; Mar/Apr 2003;9,2;Research Library p. 36</p>	<p>To reduce pain & anxiety in out-patients with HIV/AIDS : headaches Measures anxiety & pain (peripheral, neuropathy, gastrointestinal, distress, myalgias) related responses to 20 minutes of either self-treatment or treatment by another student. Scale used: STAI (State Trait Anxiety Inventory) in which respondents score 20 statements on a scale of 1 to 4; the range of possible responses is 20-80 and (VAS) Visual Analog Scale = standard pain mesure. Evaluation of program: decline in reported pain after Reiki: on an 11 point scale, average pain rating dropped from 2.73 to 1.83 + anxiety dropping from 32.6 to 22.8</p>	<p>Educational program teaching patients first degree (light touch) Reiki at inner city hospital clinic - Patients were referred to first degree Reiki classes (4 hours consecutive) by physicians and psychiatrists - 30 students participated - discussion: comprehensive HIV/AIDS care clinics frequently include Reiki, acupuncture, shiatsu, massage, hatha, yoga, meditation as part of multi-disciplinary approach to enhance adherence to medical treatment - decrease in reported pain & anxiety after 20 minutes Reiki treatment were encouraging + self treatment was as effective as treatment received by another.</p>	<p>Rapid reduction in pain and anxiety ...Reiki may be cost effective way to support biomedical treatment of HIV/AIDS by empowering patients with an effective tool to reduce pain & anxiety.</p>	
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<p>Use of Complementary Medicines and Therapies Among Obstetric Patients, Angela Ranzini, MD - UMDNJ – Robert Wood Johnson Medical School/Saint Peter's University Hospital, New Brunswick, NJ Adrienne Allen and Yu-Ling Lai, RNC,MSN - Obstetric & Gynecology p.46 Tuesday Posters</p>	<p>Objectives: To assess how frequently complementary medicines and therapies (CMT) are used in pregnancy Methods: august 1999 - June 2000 463 postpartum patients surveyed about their use of CMT = median age 28 (range 15-39) - 57% college graduates; 68% born in USA; 58% white, 19% Asian, 10% Hispanic, 9% black;31,3% used one or more form of CMT... 5.8% (27 respondents) used alternative techniques for GI problems, anxiety, nausea/vomiting, urinary tract problems. Before pregnancy 4.6% (19 respondents) reported use of CMT.</p>	<p>Conclusion: Almost one third of pregnant women use CMT during pregnancy and physicians rarely are aware of these practices</p>		
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<p>Tapestry of Healing: Where Reiki and Medicine Intertwine. Nancy J. Shatto - Association of Operating Room Nurses. AORN Journal; Dec. 2003; 78,6; Research Library p.1028 / Jeri Mills 2001, p. 203</p>	<p>She noticed that patients with whom she used Reiki were calmer and require less postoperative medication to control pain.</p>	<p>Book author is a obstetrician/gynecologist and reiki master teacher using reiki to help patients. - At University of Arizona College of Nursing, Tucson, she began teaching nursing students how to use these techniques in their patient care practice</p>		<p>book resume.</p>
<p>Experience of a reiki session, Joan Engebretson; Diane Wind Wardell. Alternative Therapies in Health and Medicine; Mar/Apr 2002;8,2; Research Library p.48</p>	<p>Descriptive study with quantitative and qualitative interview data & thematic analysis to discern patterns in the experience – setting: reiki treatments were given in a soundproof, windowless room by one reiki master. Participants: 23 healthy volunteers naive to reiki. Intervention: 30 minute reiki session. results: participants described a liminal state of awareness in which sensate and symbolic phenomena were experienced. conclusion: liminal states and paradoxical experiences that occur in ritual are related to the holistic nature and individual variation of the healing experience. These finding suggest that many linear models used in researching touch therapies are not complex enough to capture the experience of participants.</p>	<p>"touch is fundamental to nursing practice and has been listed as a nursing intervention" - background significance: "complementary therapies increased from 34% to more than 40% between 1990 and 1997 with a specific increase in the use of touch or energy therapies...more than 30 000 nurses are estimated to practice touch therapies." – "the subtle changes may be very effective for promoting the health – in particular, self-healing – of the individual."</p>		<p>Joan Engebretson and Diane Wind Wardell are certified holistic nurses associate professors at the University of Texas Health Science Center in Houston - the efficacy of touch has been demonstrated in reducing state anxiety and numerous investigators documented a reduction of pain through the use of touch therapy: - Olson et al. Demonstrated enhanced humeral</p>

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				<p>immunity with the use of TT; Wardell and Engebretson also found increased salivary IgA. – from 1986-1996, Peters found that TT had a positive, medium effect on physiological and psychological variables. – Winstead-Fry and Kijek analyzed studies from 1975 to 1997 and also found a moderate effect. – Heidt reported opening tot the flow of universal energy, and feelings of universality and peace and relaxation – Samarel found that the spiritual, physical and emotional aspects of the experience persisted after the treatments. Wetzel found increased levels of hemoglobin among initiates during Reiki initiation. – Wirth and colleagues found increased wound healing with exposure</p>
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				to Reiki – other studies report experiences that are classified into physical, psychological, cognitive and spiritual or transformative.
P atients : No pain, big gain, Kara Douglass – Trustee; Mar 1999,52,3; ABI/INFORM Global pg. 25	S atisfaction problems : before the program 71% of patients found their experience less than positive and said they wouldn't be back. In a recent survey, the satisfaction level spared to 97 % - Also, employees take advantage of the heling and wellness techniques used by patients.	H ospital Atlantic Care Medical Center in Lynn, Mass. Offers a Healing Connection offers nontraditional services including Reiki since 1990	P articipating inpatients are discharged a day-and-a-half to two days earlier and use 10 to 15 percent fewer meds.	
T he first Reiki practioner in our OR, Jeannette Sawyer – Association of Operating Room Nurses. AORN Journal; Mar 1998;67,3;Research Library	T he patient believe that having this would have an effect on the course of her disease	D armouth-Hitchcock Medical Center, Lebanon, NH gives permission to a Reiki practionner to openly practiced Reiki by assisting a patient in the OR – A statement in our OR policy manual now recognizes that a complementary healer can accompany a patient into the OR after the healer meets the necessary requirements.	P atient did not take any postoperative pain medication.	R eiki is a type of energy medecine that is noninvasive and is a hands-on healing art. It is a relaxation technique that acts through the autonomic nervous system to lower the blood pressure and heart rate to relieve tension and anxiety. This relaxation is said to assist the abilities of the immune system to defend against bacteria and viruses. It helps stimulate the brain's

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				production of endorphins that act to decrease the perception of pain and create a state of well-being.
<p>The empowering nature of Reiki as a complementary therapy, Leslie Nield-Anderson; Ann Ameling – Holitic Nursing Practice; Apr 2000; 14, 3; Research Library</p>	<p>Gaus and Hogel adressed the difficulties of conducting studies of alternative treatments using traditionnal scientific methods. – The healing method cannot be masked, pers se, so that double-blind studies involving random assignment of subjects to standardized treatment protocols and control are not possible. – The practice of Reiki is delivered based on the method of a Reiki Master's teaching and is tailored to the needs of the individual. – Wirth et All studied the effects of Reiki on blood glucose and urea nitrogen of volunteer subjects treated with a combination of Reiki, Qigong, Therapeutic Touch, and LeShan. The overall results of study demonstrated that the treatment combination had a significant effect on urea nitrogen values as well as a significant effect for blood gulcose mesures. – Thorton evaluated the effects of Reiki on anxiety, sense of personal power, and sense of well-being in 22 femalestudents. Findings indicated subjects receiving Reiki did not report significantly lower anxiety, greater sense of personal power, or greater sense of well-being than the subjects receiving a mimic Reiki treatment. – Wirth et All studied the effect of Reiki and LeShan in combination on post-operative dental</p>	<p>Recently the Office of Alternative Medecine (OAM) and the National Heart, Lung and Blood Institute funded a \$5.7 million grant at the University of Michigan's Complementary and Alternative Medecine Research Center (CAMRC). The effects of Reiki on recovery techniques in diabetic patients will be one of the four funded studies. -</p>		<p>A major strength that needs to be preserved from the practices of alternative therapists is their emphasis on self-healing and promotion of helth – A basic premise in the practice of Reiki is that Reiki brings healing to oneself and others. – The healing of self and other is viewed as reciprocal and integral to the practice of Reiki. -</p>

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	<p>pain. A statistically significant difference was found between the combined treatment and control groups in the level of pain intensity and pain relief postoperatively. – A clinical patient study by Bullock documented the effect of Reiki therapy of a hospice patient; this single case design suggested the effectiveness of Reiki in pain relief and relaxation with an adult male receiving palliative care.</p>			
<p>Reiki : Adjunctive therapy for analgesia, anonymous – Biological Therapies in Dentistry; Feb/Mar 2001;16,5;Research Library</p>	<p>A survey of Canadian reiki patients reported that they used it primarily for emotional difficulties and self-development Conventional journals have carried articles recommending Reiki to improve patient well-patient well-being. – One dental study has been published in which « distance healing » was used for its analgesic effect. Impacted third molars were extracted from 21 patients in a randomized double-blind, within-subject crossover study. Subject were randomly assigned to one group for the removal of one lower third molar and about 2 weeks later crossed over to the other group for the removal of their second lower third molar. Subjects took 1000-mg acetaminophen orally at 3.6 and 9 hours postoperatively. Practitioners were « several miles » away and commenced either Reiki or related « treatment » at hour 3 alternating hourly for 6 hours. A visual analogue scale assessing pain intensity and a Likert scale assessing pain relief were administered hourly from hours 3 to 9. The Reiki treatment group had significantly lower pain intensity and</p>	<p>One hospital already does so for all preoperative patients, except those of one dissenting physician. – Numerous hospital and health care agencies have conducted Reiki in-services. – Reiki has been used to produce postsurgical analgesia in dental patients.</p>		

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	significantly higher pain relief at hours 4 through 7 and hours 8 and 9			
<p>Each moment of touch, Cheryl Brill;Mary Kashurba – Nursing Administration Quarterly; Spring; Spring 2001;25,3;Research Library</p>	<p>According to Barnett, reiki induces the relaxation response and a deep state of relaxation acts through the autonomic nervous system to lower blood pressure, lower heart rate and to relieve tension. – benefits observed by co-author Dr. Mary Kashurba include promoting wound healing decreasing fracture healing time, and decreasing pain. Studies conducted on the use of Reiki in reducing anxiety in adults and children and in reducing pain in burn patients indicated positive results. – Also in citing the results of a study on 20 volunteers experiencing pain at 55 sites for a variety of reasons, including cancer, Petry found that Reiki treatments resulted in a highly significant reduction in pain. – CLINICAL CASE EXAMPLES based on the practices of Dr. Mary ashurba, the co-author of this article. Mr P. is 68-year-old man with a diagnosis of metastatic lung cancer. ...Mr P received his first Reiki treatment as an inpatient during his first round of chemotherapy. He later received five additional Reiki treatments, at home, during the course of his chemotherapy. He reported with each Reiki treatment a profound sense of relaxation and he slept restfully for portions of each session. Mr P's lung nodules responded much more quickly and more completely than his physicians had expected with the chemotherapy alone. Mr P. was very pleased with the sensation of warmth that he had in his</p>	<p>Co-workers can offer reiki to one another as a coping mechanism during a busy day. – reiki is performed using a very light touch to the patient and a full treatment session involves the placement of the hands systematically over multiple areas of the body. Alternatively, a short mini-session involving touch to any easily accessible part of the body can also be administered with positive results. The relaxation benefits of reiki can be directed simply by holding the patient's hand or by offering a reassuring touch on the shoulder. If it is not possible to directly touch the patient, Reiki can be done with the hand several inches above the body. This is suitable in patients who are not to tolerate a touch as in the case of severe burns, tender intravenous catheter sites, or if the patient has a cast. A practitioner can offer Reiki during any examination or treatment procedure, for example, while taking a blood pressure, inserting an intravenous catheter, changing a dressing, or giving a bath. Reiki has been done in preoperative and postoperative areas to decrease anxiety and in postoperative areas to decrease pain. – In obstetrical setting, Reiki can help decrease anxiety and therefore discomfort during labor. Reiki is well received when offered to children and can be used to reduced</p>	<p>By helping to calm the patient it can reduce the need for pain medication</p>	

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	<p>legs and feet with each Reiki session. He reported that this warmth continued for the rest of the day after each Reiki session. Mr P's wife was also treated on one occasion at her request with Reiki. Both Mr P. and his wife reported a sense of decreased anxiety following Reiki, and Mr P related an overall sense that the Reiki treatments helped to support him throughout the cancer treatment process. – Mr is 36-year-old man with a traumatic amputation right below the knee. Mr W. presented with difficulty with prosthetic training due to severe phantom pain. Mr W. was treated on several occasions with Reiki, for very short periods of time during the examination of the stump and during prosthetic training. Mr W. was given instructions in using Reiki to treat himself for the phantom pain. He reported excellent success in using Reiki to relieve his phantom pain and has since progressed to have functional use of the prosthesis.</p>	<p>anxiety,pain, and fever in pediatric settings. Reiki is particularly useful in the hospice setting. – Reiki can be used to treat family members who are coping with the stress of having a loved one suffering the effects of a cancer diagnosis. – Reiki can also be taught to family members so they can offer the patient a treatment. – STARTING A PROGRAM : first step in beginning a Reiki program in your organization is to find an individual trained as a Reiki Master and final step in implementing the program is to track and report outcomes : Increased patient satisfaction, increased staff satisfaction, increased physician satisfaction, decreased length of stay.</p>		
<p>Pediatric oncology patients find help and hope in New York City, Judy Edelblute – Alternative Therapies in Health and medicine; Mar/Apr 2003;9,2;Research Library</p>	<p>Dr Kelly found that almost 85% of pediatric oncology patients at Columbia used complementary therapies. – Currently Integrative Therapies Program has 6 research projects completed or in progress.</p>	<p>At the Herbert Irving Child and Adolescent Oncology Center of Children's Hospital of New York-Presbyterian, the goal is not only to treat the bodies of youngpatients with cancer, but to heal their minds and spirit. In addition to delivering conventional treatment, the hospital offers a program that nurtures healing through integrative medicine. The integrative program for children with cancer offers support services and educational resources to the hospital's</p>		

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		<p>300 pediatric oncology patients and their families. Through the integrative therapies program, patients, families, and physicians receive guidance on the possible benefits of holistic nutrition, aromatherapy, acupressure, massage therapy, Reiki, mind and body, and other complementary therapies. – The alternative therapies program is completely free to the patients. Funding is provided mainly by clinical trials and volunteer fund-raising. The program includes 3 components : education, clinical services and research to aid in the healing of children with cancer. The clinical services offered by the program « help support » the patients. Its allows them to explore services in a safe way and maintain a sense of control. – CLINICAL SERVICES : services for inpatients and their family members frequently are provided in the patient's room. Because a child's illness affects the whole family, services such as massage and Reiki are offered to family members as well as patients – « the gratitude I receive from the kids and their family members keeps me going » aded Elena Ladas, MS RD, the program director. – In 1998, Dr Kelly and Deborah Kennedy, PhD, CNS, the first program director and Michael Weiner, MD, division director of pediatric oncology founded the integrated Services program to provide information on safe alternatives in</p>		
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		integrative medecine. The program was developed to « teach people to integrate complementary care in a safe way», according to Ms Ladas. – FACILITY : The Integrative Therapies Program includes a treatment-exam room for Reiki		
<p>Reiki – review of a biofield therapy history, theory, practice, and research, Pamela Miles; Gala True – Alternative Therapies in Health and Medicine; Mar/Apr 2003;9,2;Research Library pg.62</p>	<p>Research indicates that therapies based in energy medecine are a favorite choice. – Helath Center Complementary and Alternative Medecine (NCCAM) has classified energy medecine therapies into 2 basic categories : biofield therapies and bio-electromagnetic-based therapies. These therapies includes Reiki. Bioelectromagnetic-based therapies involve the use or manipulation of electromagnetic fields (EMF), invisible lines of electrical force or currents. Biofield therapies, including Reiki, are generally accepted as low-risk interventions. – because of their foundation in subtle energies that as yet lie beyond technology's ability to consistently measure, biofield therapies present a special research challenge. – Jan Walleczek & Abe Liboff in the field of bioelectromagnetism offer scientific support for the potential role of the forces of subtle bioelectromagnetic fields in physiological processes. Walleczek in particular has convincingly demonstrated that subtle magnetic fields can have measurable interactions with biological systems... - there is limited but promising preliminary research evidence for Reiki's use in pain management. – One study by</p>	<p>An increasing number of nurses, physicians, and other helthcare providers have begun integrating biofield therapies into patient care, and a growing number of hospital-based programs offer these modalities to patients and staff. – staff, patients, and program administrators report a number of benefits including reduced anxiety and lower use of pain medications, incresed patient satisfaction for surgical patients, and decresed numbers of self-reported common gerontological complaints such as anxiety, loneliness, insomnia, and pain among older individuals living in the community. – Reiki can easily fit within the harm reduction model and can be successfully used in self-treatment in combination with appropriate medical/psychiatric care by people with combined HIV and psychiatric diagnoses for emotional center-ing, pain management, and support in recovery readiness. Children with cancer and their families practice. First degree Reikion themselves and one another. Reiki is a supportive therapy for hospice and palliative care. – Reiki is increasingly</p>	<p>Training patients to practice Reiki self-treatment may reduce the side effects of common medical interventions and empower patients with a simple, effective skill to address anxiety, insomnia, and pain at modest cost.</p>	<p>Beginning students often find it difficult to grasp that non-doing can be so effective – the flow of Reiki is believed to increase as the practioner becomes inwardly more still. - Reiki is believed to increase as the practioner becomes inwardly more still. Reiki is believed to rebalance the biofield, thus strengthening the body's ability to heal and increasing systemic resistance to stress. It appears to reduce stress and stimulate self-healing by relaxation and perhaps by resetting the resting tone of the autonomic nervous system. Proponents of Reiki believe this might lead to</p>

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	<p>Wetzel, investigated the hypothesis that touch therapies increase oxygen-carrying capabilities as measured through changes in hemoglobin and hematocrit values – Wardell and Engebretson used a single group repeated measure design to study the effects of 30-minutes of Reiki on 23 healthy subjects....Results indicated biochemical changes in directions of increased and immune responsivity, with significant reduction in state anxiety, drop in systolic blood pressure, and increase in salivary IgA levels. – Brewitt, Vittetoe, and Hartwell studied 5 patients with a variety of chronic illnesses (multiple sclerosis, lupus, fibromyalgia, and thyroid goiter) who received 11 Reiki treatments over 9-week period. They measured changes in electrical skin resistance at over 40 sites corresponding with acupuncture/conductance points and collected patient reports of anxiety, pain, and mobility. Significant changes occurred at 3 skin points corresponding to acupuncture meridians, and patients also reported increased relaxation pain, and increased mobility. – A number of recent observational and descriptive studies have focused on the effects of Reiki reducing pain and increasing relaxation and a sense of well-being in patients. In 1997, Olson and Hansen investigated the impact of reiki on chronic pain using a pre-and post-test design and validated self-report measures. Twenty volunteers who experienced chronic pain from a variety of causes, including cancer,</p>	<p>used in a variety of medical settings including hospice care settings, emergency rooms; psychiatric settings; operating rooms; nursing homes; pediatric, rehabilitation; and family practice centers, obstetrics, gynecology, and neonatal care units; HIV/AIDS; and organ transplantation care units; and for a variety of medical conditions such as cancer; pain; autism/special needs; infertility; neurodegenerative disorders; and fatigue syndromes. – Also see TABLE I Reiki hospital and community based programs (p.66) – Reiki appears to be an effective stress reduction technique that easily integrates into conventional medicine because it involves neither the use of substances nor manipulative touch that might be contraindicated carry unknown risks, and because the protocol for Reiki treatment is flexible, adapting to both the need of the patient and of the medical circumstances....when used on a conscious patient, the experience is relaxing and pleasant, increasing patient comfort, enhancing relationships with caregivers, and possibly reducing side effects of procedures and medications. Staff report they enjoy giving Reiki treatments. Caregivers who routinely have hurt patients in order to administer needed medical care express gratitude for a tool that</p>		<p>enhancement of immune system function and increased eodorphin production. – Reiki's popularity among the lay population is evidenced by its mention in a wide variety of publications from New York Times, to Esquire and Town & Country. – A patient with resources to address his own suffering is better equipped to comply with conventional medical protocols and be responsible partner to his medical caregivers. – biofield therapies - ...Whereas biofield therapies such as Reiki...Therapeutic Touch may themselves have different mechanisms of action, they all share with meditation the effect of moving the system in the direction of relaxation, which has been linked to health</p>
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	<p>demonstrated a significant decrease in pain after receiving a single 75 minute Reiki session. – Windana Society in Melbourne, Australia has operated a Reiki clinic for more than 10 years and provides holistic care to clients who are undergoing treatment for withdrawal from drugs and alcohol. Both clients and staff attribute a number of client outcomes to Reiki therapy, including reduced pain and improvements in clients' sleep patterns, mood and clarity of thinking...clients described Reiki as bringing them a sense of peace and well-being that enabled them to continue with their recovery and enhanced their counseling sessions. The heightened state of awareness and sense of inner peace and calm reported by clients at Windana were also identified as a major theme in qualitative data collected by Engebretson and Wardell. Subjects expressed feelings of safety and perceived relationship with the practitioner. – TABLE 2 Summary of randomized, controlled studies of reiki and related modalities (page 70) also 3 studies of reiki funded by NCCAM are in progress : University of Michigan is investigating the use of Reiki for patients with diabetic neuropathy. A second study at Albert Einstein Medical center in Philadelphia examines the use of Reiki to improve quality of life and spiritual well-being for patients with advanced HIV/AIDS. The third, a study for patients with fibromyalgia, is being conducted out of the Department of</p>	<p>minimizes patient discomfort and quickly soothes distressed children. - ...clinicians and hospital administrators are including Reiki into patient care. – 3 avenues through which Reiki is being incorporated into conventional medical care : 1.- Medical personnel are learning First degree Reiki, using it for self-care, and integrating comforting touch into routine medical care; 2.-Reiki practitioners are offering treatment to patients and staff; 3.- Hospital-based education programs are training patients, family members and caregivers in First degree Reiki. – First degree classes with Continuing Education Units are open to all staff members. Graduates of such programs report First degree Reiki training is a simple, effective practice to support personal well-being, enhance clinical skills, and deepen their appreciation of what CAM offers conventional medicine, in terms of both techniques and perspective.</p>		<p>and healing. – healing is a multidimensional process that is strengthened by reducing stress and accessing psychospiritual resources. – Patients experience Reiki as a relaxing practice, free of dogma, that connects them to their innate spirituality through experiences unique to each individual....increased sense of spiritual well-being... + Reiki has come full circle. Usui created a spiritual practice that includes healing as a side benefit....spiritual enhancement...spiritual discipline that must be practiced regularly for its full benefit to be realized.</p>

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	Family Medecine of the University of Washington School of Medecine.			
<p>Reiki therapy : The benefits to a nurse/Reiki practitioner, Kathleen M Whelan; Gracie S Wishnia – Holistic Nursing Practice; Jul/Aug 2003; 17,4;Research Library (page 209)</p>				