

Reiki Therapy

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What is Reiki?

- Originated in Tibet 3,000 years ago.
- Rediscovered in Japan in the 1800's by a monk-Usui
- Universal Life Force Energy: Energy flows within and around human beings plants and animals: Ki, Chi, Prana
- NCCAM* – Biofield Therapy*

*Biofield: electromagnetic fields that have been hypothesized to regulate the “homeodynamics” of an organism. Rubik, B. (2002)

*NIH-National Center for Complementary & Alternative Medicine

How does Reiki work?

- Illness results from blockages in the energy field
- Reiki balances the human biofield to unblock the energy
- Reiki strengthens the body's ability to heal itself
- Therapist facilitates the transfer of energy-does not direct it
- Energy naturally goes to the areas of the body that need it

What does the Reiki Therapist do?

- 12 distinct hand positions from head to feet
- Each position held for 3-5 minutes
- May also focus on one specific area to balance the biofield
- Light touch or slightly above the body. Recipient is fully clothed
- Full treatment takes about 30-45 minutes

Is Reiki connected to a specific religion?

- Reiki is open for all to use
- There are no religious ties to the practice
- Rule: the receiver must give permission
- Without permission, no healing can take place.

What training is required for Reiki?

- Teaching is passed through “attunements” or initiations
- Without “attunements” one cannot practice Reiki
- Three levels of training (attunements) with a Reiki Master
- No formal certification

Are nurses using complementary therapies in practice?

University of Minnesota study, 2005

Correlational design – Random sample

2000 nurses drawn from AACN database

Majority (N= 726) using complementary therapies in their practice

Tracy, M. & Lindquist, R., 2005

The Evidence for Reiki

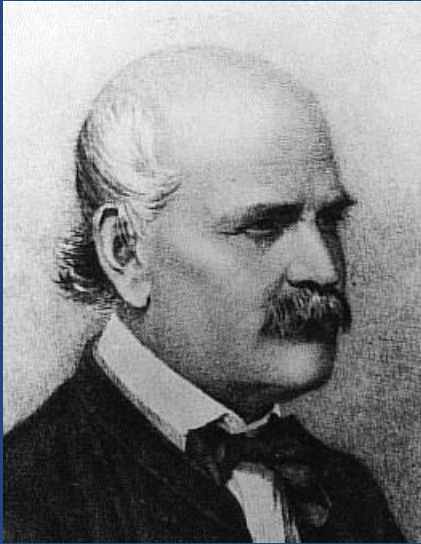




The Current State of the Evidence Meta-analysis

- Anecdotal evidence
- Few well-designed randomized controlled studies
- Small sample sizes
- Funding is difficult to find
- High-quality randomized controlled trials are needed

vanderVaart & Gijzen (2009)
DiNucci (2005)



Dr. Ignaz Semmelweis

1818 - 1865



Dr. Louis Pasteur

1822 - 1895

“Some discoveries are made before their time,
and simply cannot be integrated into
contemporary thought”.

Oschman, J.L., 2002

Recent Studies

- Significant improvement in pain, lower diastolic pressure, decreased heart rate

Olson, Hanson & Michaud (2003)

- Relief of pain and swelling following 1-2 Reiki treatment per week over 5 months

Bullock (1997)

- Improved pain and anxiety post hysterectomy

Vitalie & O'Connor (2006)

Recent Studies-Continued

- Reduction in state anxiety, decrease in systolic blood pressure and increase in salivary immune globulin A levels suggesting immune enhancing effects

Wardell & Engebretson (2001)

- Improvement in pain, mobility and quality of life for diabetics

Gillespie, Gillespie & Stephens (2007)

Pilot Study

Purpose: To examine the effects of Reiki Therapy on post-operative pain following foot and ankle surgery

Design: Experimental, randomized, pre-test-post test

Setting: Day surgery, private practice podiatric office

IRB Approval: Texas Woman's University IRB

N= 25

Pilot Study-Continued

Experimental group: 3 minute focused Reiki Therapy treatment within two hours before and after surgery

Control group: Simulated treatment at the same intervals

Pain Assessment: Baseline & five days after surgery using McGill-Melzack Pain Questionnaire©

Results: No significant changes in pain scores for experimental group $\alpha = .05$
*Control group: lower mean pain scores

Future Study Research Questions

- Is Reiki Therapy more effective than usual care in relieving post-operative pain?
- Is Reiki Therapy more effective than mimic Reiki in relieving post-operative pain?
- Does mimic Reiki Therapy produce a placebo effect in relieving post-operative pain?

Future Study

- Hypothesis: Patients receiving a full body Reiki treatment before and after total knee replacement will demonstrate a significant improvement in pain scores when compared to patients receiving mimic Reiki or patients receiving usual care
- N= 300 (based on a moderate effect size of $f=.25$ with a power of .95)
- Larger sample and three group design responds to concerns identified in previous meta-analysis

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Questions

