Reiki Precepts

Just for Today

I will not be angry.
I will not worry.
I will be grateful.
I will work diligently.
I will be kind to others.
The Effects of Reiki on Total Knee Surgery

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What is Reiki
Rei-(ray), Ki-(key)

- Reiki, a healing practice, is a non-invasive biofield energy therapy.
  - Promotes deep states of relaxation
  - Reduces the perception of pain.
  - No known side effects or contraindications
Reiki Hand Placement
What are the Effects of Reiki?

- Restores balance and harmony to the human energy system
- Supports and accelerates the body’s natural healing ability
- Promotes healing on all levels – physical, mental, emotional and spiritual
Theoretical Framework

This study utilizes the framework of Martha Rogers’ theory; The Science of Unitary Human Beings.
Background

- Research protocol developed
- IRB approval
- We assembled a team of certified Reiki nurses
Rationale for the Study

Knee replacement patients experience a significant amount of pain postoperatively and would benefit from Reiki therapy.
The purpose of this study was to determine the impact of Reiki therapy on total knee replacement patients’

- perception of pain
- satisfaction with Reiki Therapy
- satisfaction with overall hospital stay
Methodology

Research design

This study was a randomized controlled study with a treatment and a control group.

The study was conducted at Bryn Mawr Hospital in Pennsylvania, USA and was approved by the Hospital Institutional Review Board.

Recruitment took place in one Orthopedic Surgeon’s office.
Inclusion Criteria

- Ages between 18-80 years old
- Scheduled for total knee replacement
- English speaking
- Able to give informed consent
Exclusion Criteria

- Chronic pain conditions
- History of past or current substance abuse
- Recent surgery
Instruments

- *The Numeric Rating Scale (NRS)* for pain.
  
  zero = no pain
  
  ten = the worse possible pain

  This scale is widely used and validated.

- *Satisfaction survey* developed by the researchers.
Procedure

- Reiki was given on the morning of surgery, postoperatively and three consecutive postoperative days.

- The subject was lying in a hospital bed or sitting in a chair by the bedside in a relaxing environment.

- Reiki practitioners placed their hands lightly on or just above the subject

- Reiki treatment lasted 20 to 30 minutes.
Results

- Pain Medication use
- Patient Satisfaction Questionnaire results
- Pain ratings obtained using the Numeric Rating Scale
# Results

**Total Morphine Equivalents Second Postoperative Day**

<table>
<thead>
<tr>
<th></th>
<th>Control Group</th>
<th>Reiki Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Patients</td>
<td>21</td>
<td>23</td>
</tr>
<tr>
<td>Mean</td>
<td>43.71</td>
<td>42.86</td>
</tr>
<tr>
<td>s.d.</td>
<td>30.09</td>
<td>26.99</td>
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<td></td>
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<td><strong>p=.9223 (ns)</strong></td>
</tr>
</tbody>
</table>
Patient Satisfaction: Reiki Group

- Do you feel you received adequate information about Reiki prior to your surgery?
- Do you feel Reiki helped decrease your pain after surgery?
- Were your expectations for pain relief met?
- Would you recommend Reiki therapy to others?
- How would you rate your overall hospital experience?
Patient Satisfaction: Control Group

- Do you feel you received adequate information prior to your surgery?
- Were your expectations for pain relief met?
- How would you rate your overall hospital experience?
<table>
<thead>
<tr>
<th>Satisfaction</th>
<th>Yes</th>
<th>No</th>
<th>Unsure</th>
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</thead>
<tbody>
<tr>
<td>Do you feel Reiki helped decrease your pain after surgery?</td>
<td>16 (76%)</td>
<td>0</td>
<td>5 (24%)</td>
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<tr>
<td>Would you recommend Reiki therapy to others?</td>
<td>20 (95%)</td>
<td>0</td>
<td>1 (5%)</td>
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<tr>
<td>Satisfaction</td>
<td>Control Group</td>
<td>Reiki Group</td>
<td></td>
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<tr>
<td>--------------------------------------------------</td>
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<td></td>
</tr>
<tr>
<td>Were your expectations for pain relief met?</td>
<td>Yes</td>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td></td>
<td>No</td>
<td>No</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Unsure</td>
<td>Unsure</td>
<td></td>
</tr>
<tr>
<td>Were your expectations for pain relief met?</td>
<td>10 77%</td>
<td>12 57%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2 15%</td>
<td>2 10%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 8%</td>
<td>7 33%</td>
<td></td>
</tr>
<tr>
<td>How would you rate your overall hospital experience?</td>
<td>E 61%</td>
<td>E 48%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>VG 31%</td>
<td>VG 43%</td>
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<tr>
<td></td>
<td>G 8%</td>
<td>G 9%</td>
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<td>How would you rate your overall hospital experience?</td>
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<td>8 61%</td>
<td>10 48%</td>
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<td>4 31%</td>
<td>9 43%</td>
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<tr>
<td></td>
<td>1 8%</td>
<td>2 9%</td>
<td></td>
</tr>
</tbody>
</table>
Pain Scale Ratings Pre and Post Reiki

All are significant, except immediate postoperative

0 1 2 3 4 5 6

Pre OP PACU POD 1 POD2 POD 3

Pre Reiki
Post Reiki
Conclusion

- Subjects reported improvement in pain scores post Reiki treatments

- 95% of the subjects who received Reiki would recommend Reiki to others
Limitations

- Consenting process limited enrollment
- Dependence on nursing staff to distribute discharge questionnaires
Recommendations for Further Studies

- Measure duration of effect of Reiki
- Longer Reiki treatments
- Standardize hand positions
- Standardize Reiki practitioner level
- Provisions for quieter environment
- Control for prior pain medication use
Areas of Study Regarding Reiki:


Research Team

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- Sara Reeder, PhD, RN
- Paul Lupinacci, PhD
“The most beautiful thing we can experience is the mystical. It is the source of all true art and science.”

Albert Einstein