

Healing Touch

*Experience the Value
of Energy Therapies*

Lisa Golden, HTCP/I

Wednesday, December 4, 2019



Integrative Medicine

Patient Focused

Healing oriented
medicine that treats
the **whole person:**

- ✓ body
- ✓ mind
- ✓ emotions
- ✓ spirit
- ✓ environment
- ✓ lifestyle



Why Provide Integrative Care?

Patient Benefits

- Natural pain treatment
- Faster healing
- Positive experience
- Increased satisfaction
- Educates and empowers with self-care options





New and Revised Standards Related to Pain Assessment and Management

In response to the current opioid epidemic:

As of January 1, 2018 The Joint Commission requires accredited hospitals to **offer integrative therapies for pain management**



Why Provide Integrative Care?

Caregiver Benefits

- Supports compassionate care
- Encourages self-care
- Increases job satisfaction
- Improves retention



Why Provide Integrative Care?

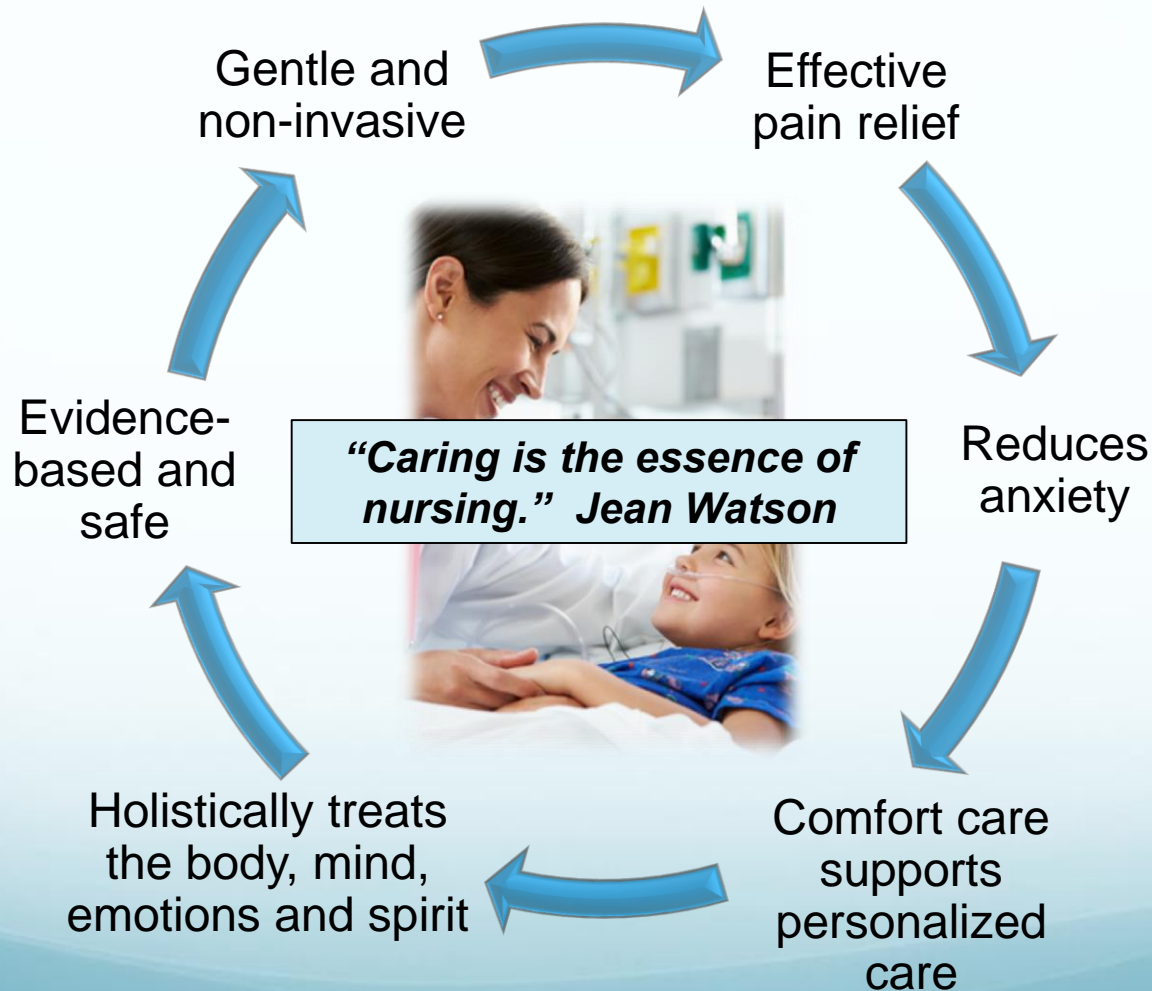
Bottom Line Results

- Reduce opioid use
- Increase patient satisfaction
HCAHPS scores
- Healthier and happier nurses
- Meet and improve Joint
Commission, Magnet and Planetree
standards
- Lower costs and increase revenue
- Improve reputation and recognition



Healing Touch

Integrative Therapy



It is not
selfish to do
what is best
for you.

Mark Sutton



Healing Touch Supports Self-Care

Standards of Practice
Holistic Nurse Self-Care

Recognize that a person's body mind-spiritual capacities that can be enhanced and supported through self-care practices.

Identify and integrate self-care strategies to enhance their physical, psychological, sociological spiritual well-being.

**Supports Patient
and Employee
Self-Care**

Recognize and address at-risk health patterns
begin the process of change.



**Emphasizes
importance
of self-care**



**Relieves pain and
anxiety at work
and at home**



**Empowers
patients by
teaching them
to use Healing
Touch at home**

Healing Touch Program

Professional Integrative Therapy



- Board-certified practitioner credential, *Healing Touch Certified Practitioner*
- Practiced and governed using the highest professional standards with a Code of Ethics and Scope of Practice
- Standardized curriculum is nursing continuing education through the American Nurses Credentialing Center

Accreditations and Endorsements



Medical Facilities Providing Healing Touch



Healing Touch

Evidence-Based Practice

Recent studies with a variety of patient populations, suggests **Healing Touch** provides significant and promising results in the following areas:

- Pain
- Anxiety
- Physical functioning
- Symptoms of PTSD
- Immune function
- Fatigue/vitality
- Length of stay post operatively

Additional information available at:
HealingTouchResearch.com

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Research

Cook, C.A., Guerrerio, J.F., & Slater, V.E.
(2004).

Healing Touch and quality of life in women
receiving radiation treatment for cancer: A
randomized controlled trial.

Alternative Therapies in Health and Medicine,
10(3), 34-41.

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Research

Jain, S., McMahon, G.F. , Hasen, P., Kozub, M.P., Porter, V., King, R. & Guarneri, E.M. (2012).

Healing Touch with guided imagery for PTSD in returning active duty military: A randomized controlled trial.

Military Medicine, 177 (9), 1015-1021.

Healing Touch Therapy for Patient Pain

Will Lamb, Rebecca Dickey, Karen Rupp, Mitch Yoder, Catherine Akin, Matthew Michealson, Molly Briggeman, Elizabeth Beatty, Sarah Zaharia



Fall 2014 KRMHC Nurse Residents

BACKGROUND

- Pain control is a major obstacle for many KRMHC patients
 - Difficult balance between effective pain control and safe use of medications
 - Chronic pain and medication tolerance makes pharmacological pain control a constant battle

WHAT IS HEALING TOUCH?

- Healing Touch is an energy medicine in which the hands are used in a conscious manner to provide relaxation and, in turn, restore balance the body's energy so it is in the correct position for self-heal (Bulbrook, Mentzer, 2014).



CLINICAL QUESTION

Does using Healing Touch™ as a complimentary therapy improve chronic and acute pain in KRMHC patients?

METHODS TO OBTAIN EVIDENCE

- Literature Search
- Knowledge of Healing Touch Experts
- Performing and evaluating results of research study using healing touch therapy as complementary intervention for pain management?

APPRAISAL AND SYNTHESIS OF THE EVIDENCE

Evidence was appraised using the JHNEEP Research Evidence Appraisal

Evidence elicited from the literature

- Studies show a decrease in chronic pain from test groups receiving Healing Touch™ treatments versus test groups that were receiving only traditional and pharmacological treatments. Pain also decreased from pre-intervention to post-intervention in a study that did not use a control group.
- "In an intense environment dominated by pharmacologic interventions, healing touch (HT) offers nurses a non-pharmacologic technique to improve patient outcomes and connection with their patients" (Adelson, Hirschick & Pollock, 2012).
- "Therapeutic touch (TT) produces relief of pain and has prolonged effect" (Smith, Klemm, Miller, 2006).
- Limitations found in literature review
 - Small sample sizes
 - Limited number of studies
 - Decreased patient follow through for extended studies
- Research field for Healing Touch is not saturated
 - Room for more research
 - Need for more innovative and larger studies

Overall assessment of strength of evidence

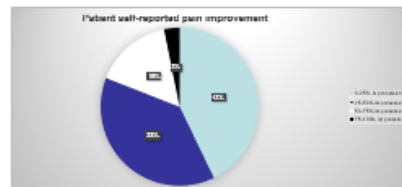
Number of Articles	Strength of Evidence	Description of Type of Evidence
1	5b	Clinical Practice Guideline
2	2b	Quasi-experimental studies
3	1a, 1b	Experimental Studies

IMPLEMENTATION

- Overall goal to implement experimental study performing and assessing effectiveness of Healing Touch for pain control in KRMHC patients
- Contacted Healing Touch Organization and organized 16 hour training at KRMHC
- Free training was advertised to staff throughout KRH Organization
 - Able to accept 21 participants to training
- Participants were nurses from Surgical Floor, 1st Floor, Inpatient Rehab, Education, OR, Medical Floor and Same Day Surgery, NICU
- Implementation by Nurse Residents on First Floor, Surgical, Medical, IMC and NICU.
- Implementation monitored in data collection books and communication between Nurse Residents

RESULTS

- Study included 63 patients in acute care settings
 - 43% verbalized 0-25% improvement in pain
 - 38% verbalized 25-50% improvement in pain
 - 16% verbalized 50-75% improvement in pain
 - 3% verbalized 75-100% improvement in pain



- Many patients in the study fell asleep during their treatments
- Verbal responses from patients on the treatments:
 - "I feel much more calm & at ease & my pain has decreased a little bit." -55yr, IMC patient
 - "I feel wonderful. Don't stop." -65yr, Medical patient
 - "It works good or better than anything else." -89yr, Surgical patient
 - "I still hurt, but it's better." -54yr, Medical patient
 - "I feel relaxed, tranquil & loved." -37yr, IMC patient
 - "That's amazing! Why isn't this advertised more?"

CONCLUSIONS

- Overall improvement in patient pain and increase in patient relaxation and satisfaction
- This study allowed for increased awareness, exposure and education on complimentary and alternative methods of pain control to KRMHC patients and employees



RECOMMENDATIONS

- Continue to provide education on healing touch and other complimentary and alternative forms of pain control
- Healing touch therapy is appropriate for all units at KRMHC, and will ideally we will be able expand training and use to all units

For additional information on Healing Touch, please contact:

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Nurse Theorists

- Environmental Theory, *Florence Nightingale (1820-1910)*
- Theory of Human Caring / Caring Science, Jean Watson, *PhD, RN, AHN_BC, FAAN*
- Theory of Integral Nursing, *Barbara Dossey, PhD, RN, AHNC-BC, FAAN, HWNC-BC*
- Theory of Comfort Care, Katharine Kolcaba, *PhD, MSN, RN, C*



Caring Science

Founder Dr. Jean Watson

*“The science of human caring and **Healing Touch** both work from an energetic framework of Universal Love as the basis of all healing and all caring-healing relationships.”*



Jean Watson, PhD, RN, AHN-BC



**Healing Touch Program is a
Watson Caring Science Institute Strategic Partner**

Integral Nursing Theory

Barbara Dossey

- ✓ All living things are connected via energy fields
- ✓ Healing is the central theme
- ✓ Healing is a comprehensive process, not always associated with curing of the manifestation of disease symptoms



Barbara Dossey,
*PhD, RN, AHNC-
BC, FAAN, HWNC-
BC*

Integral Nursing Theory

Barbara Dossey

- ✓ Integral nurses facilitate healing by “knowing, doing and being”; applicable in all healthcare and educational settings (Dossey 2008).
- ✓ Nurses integrate body, mind and spirit at all levels.



Figure 2 from Theory of Integral Nursing

Healing Touch

Heart-Centered Patient Care

- An evidence-based energetic approach to healing
- Integrates well with traditional medical care
- Provided by professional caregivers in many hospitals and healthcare settings



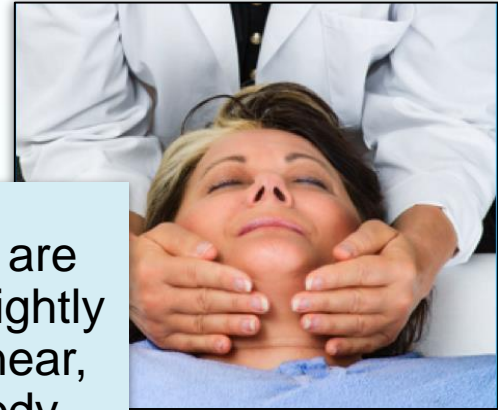
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Application

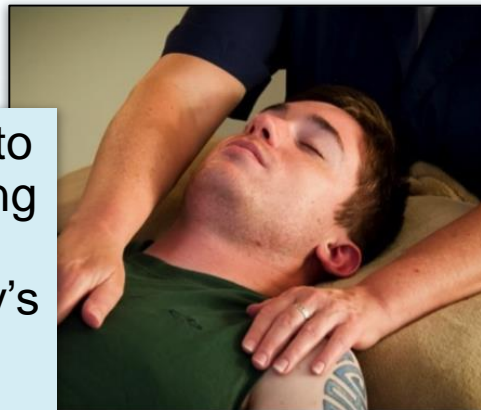
Practitioners
consciously set
intention and
connect to their
patient



Hands are
placed lightly
on, or near,
the body



Hands are used to
stimulate a healing
response and
facilitate the body's
natural healing
process



Healing Touch Founder

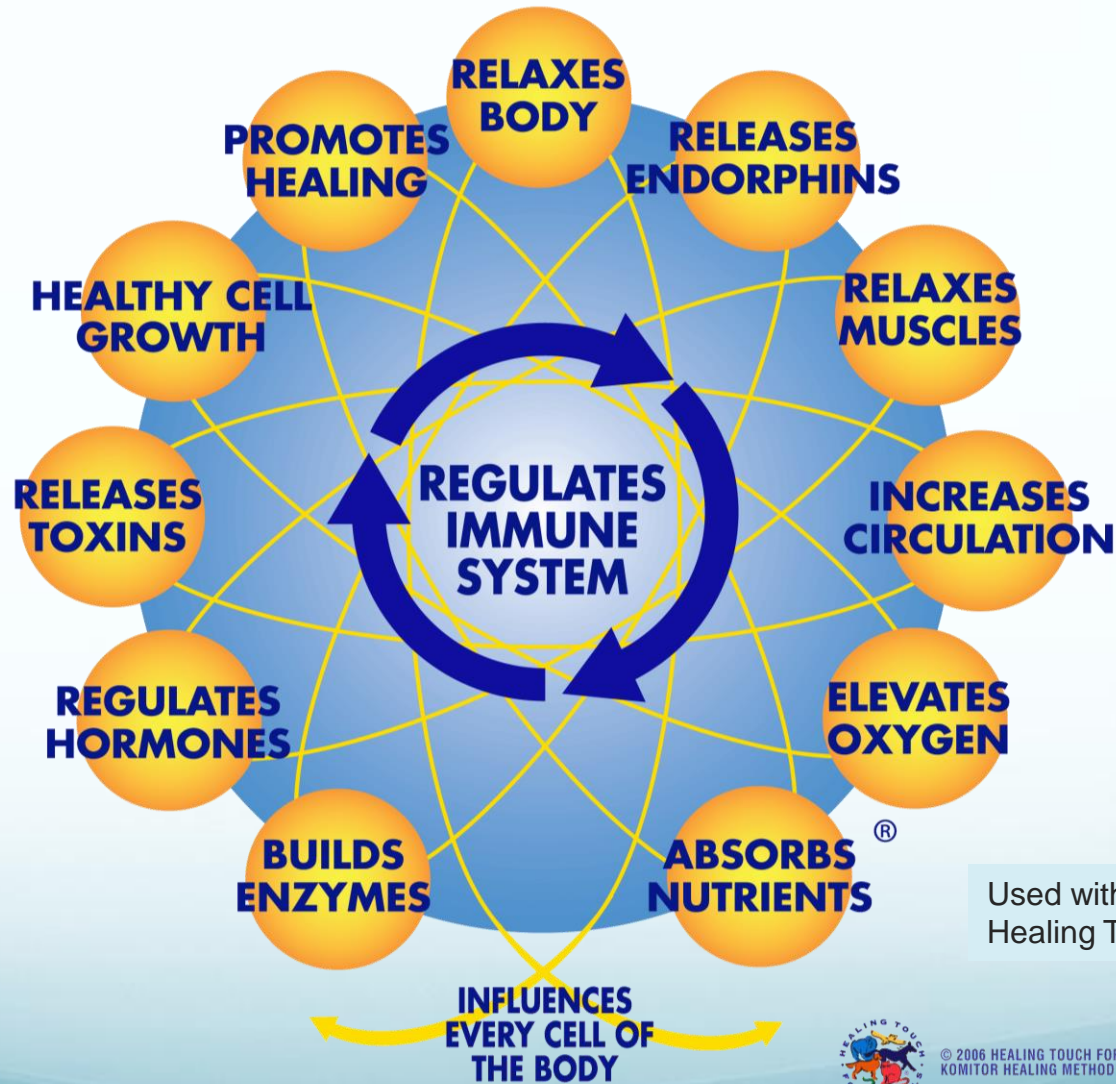
Janet Mentgen, RN



Holistic Nurse of
the Year, 1988

- ❖ Visionary and pioneer in energy medicine
- ❖ Founded Healing Touch Program in 1989 as a continuing nursing education program

The Physiological Response of Energy Healing



Used with permission from
Healing Touch for Animals[®]

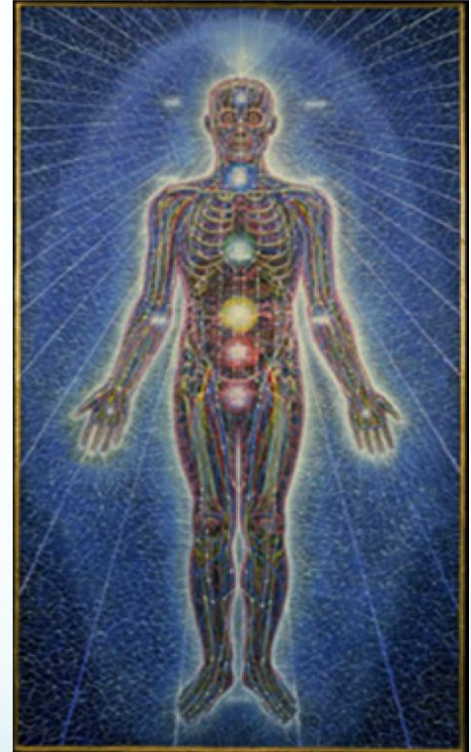


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KOMITOR HEALING METHOD, INC.

Energy System

Biofield Therapy

Based on the premise that humans are more than a physical body and include a **subtle energy field** that is linked to physical, emotional and mental health.



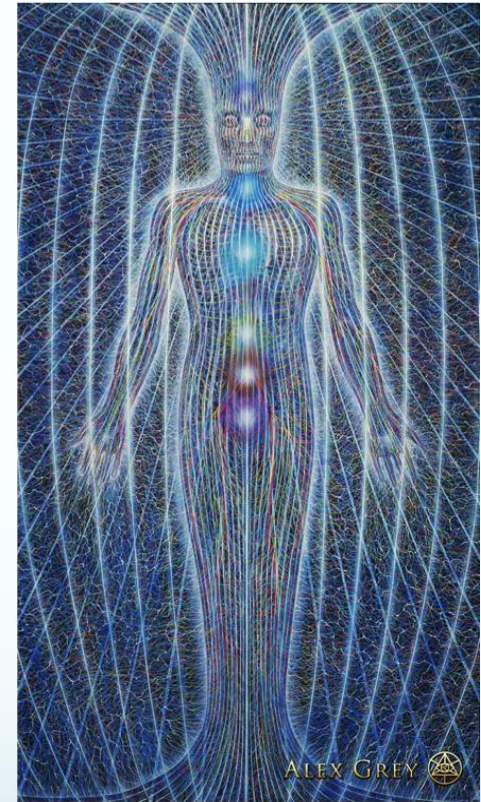
From *Sacred Mirrors* by Alex Grey

Biofield Therapy

Scientific Rationale

Multiple hypotheses for how biofield therapies work:

- ✓ Quantum physics
- ✓ Chaos theory
- ✓ Entanglement theory
- ✓ Hologram theory
- ✓ Placebo
- ✓ Cognitive dissonance



From *Sacred Mirrors* by Alex Grey

Energy System Overview

Biofield

The term “biofield” was chosen by a panel of scientists in 1994 at the National Institute of Health to describe the field of energy and information that surrounds and interpenetrates the human body. The biofield is composed of both measurable electromagnetic energy and subtle energy, also known as “chi”.



Energy System Overview

Energy Field

- Also called Biofield and Aura
- Seven levels are associated with the seven chakras
- Interpenetrates the physical body and creates a composite field



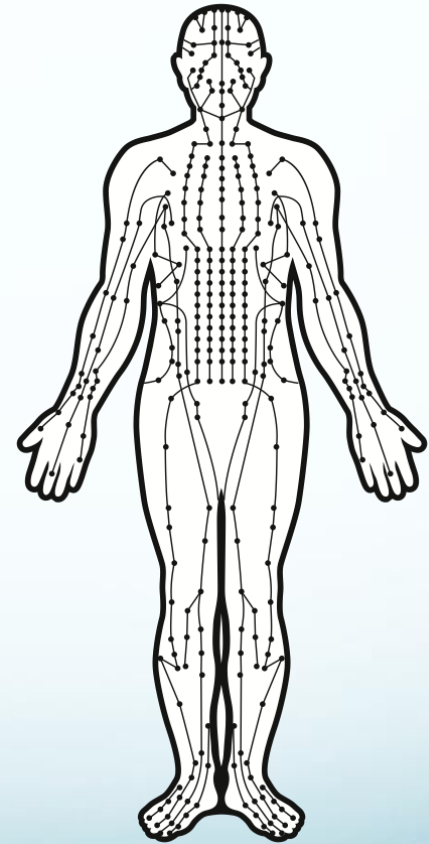
Energy System Overview

Meridians

Meridians are Energy Tracks connected to specific points that relate to organs and body systems

They are utilized in:

- ✓ acupuncture
- ✓ reflexology
- ✓ shiatsu



Energy System Overview

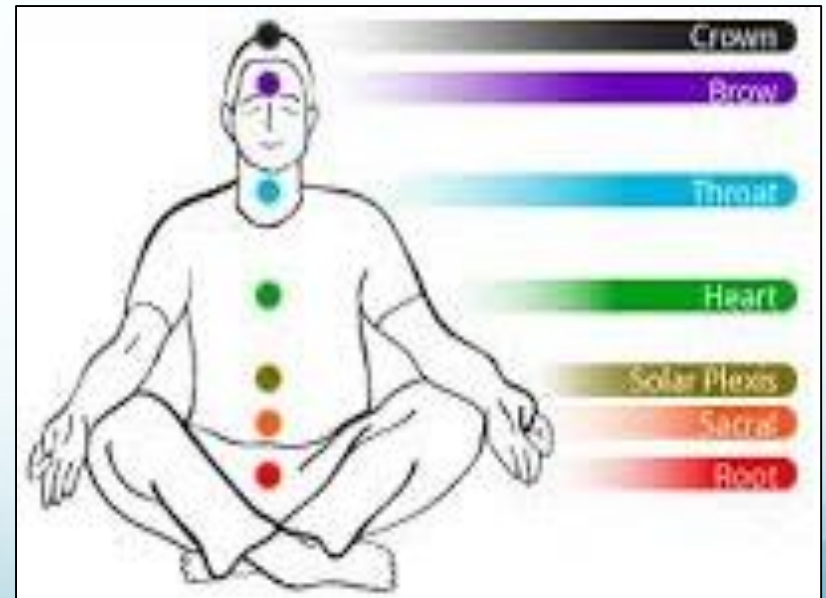
Energy Centers

Chakras are the subtle centers that manage the flow of energy through the biofield

They are assessed and treated in energy healing therapies and yoga practices

Associated with:

- ✓ Regions of the body
- ✓ Organs
- ✓ Glands
- ✓ Nerve plexuses
- ✓ Mental and emotional processes
- ✓ Layers of the biofield



Let's Experience *Healing Touch*

**Experience is worth
a 1,000 words!**

- Sense energy
- Use your hands to stimulate change
- Self Mind Clearing
- Share your experience



Self-Mind Clearing

Light touch technique that balances energy flow to the brain

Uses: To focus and quiet the mind, clear stress-related headaches, promote relaxation and peacefulness

Technique:

- Done either sitting or lying down
- Light touch, hold each position for approximately 1 minute



**Hands on collar bones
with arms crossed.**



One hand across forehead, other hand cupping the back of the neck just under the skull.



**Thumbs under base of the
skull and fingers resting on
back of the head.**



Index and middle finger on the crown of the head with thumbs resting on the back of the head.



**Fingers just above the
tops of both ears.**



**Hands cupped over
the eyes with
fingers on the
forehead.**



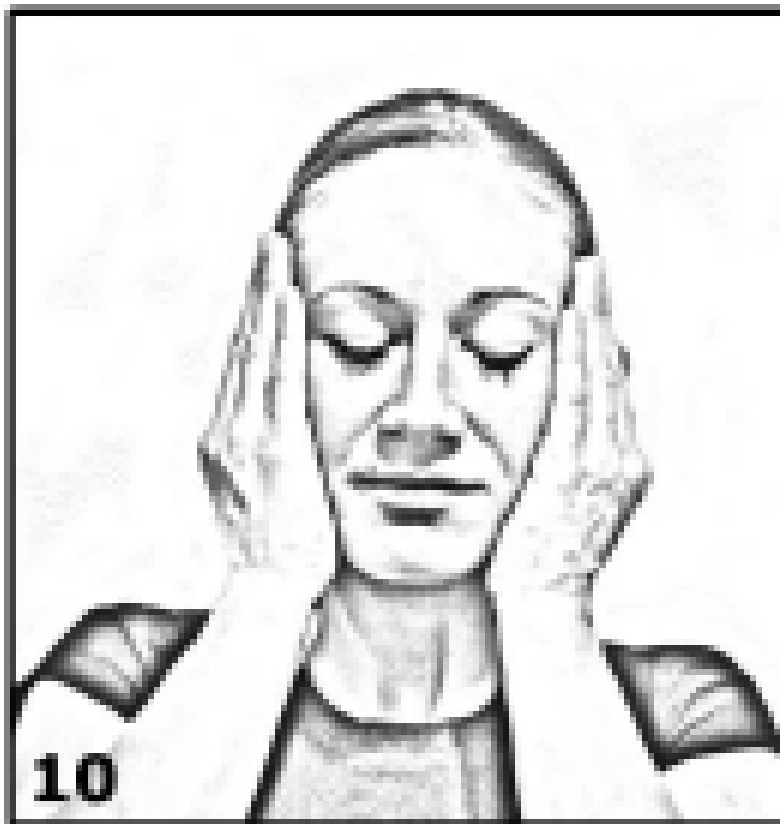
**Hands across the hairline
with fingertips touching.**



**Massage lightly over
the jaw joints with
fingertips.**



Gently sweep fingers from the mid-forehead to the chin then off.



10

**Lightly hold both the
cheeks with cupped
hands.**



11

**End with hands on
collar bones with
arms crossed.**

The Healing Touch Journey



We invite you to enhance your professional healthcare career with Healing Touch!

Healing Touch

Level 1 Class



- Prepares you to use Healing Touch with patients and for your own self-care
- Learn **12 interventions** to clear and balance the human energy system
- **Explore and assess** the human energy system
- **Highly experiential** with demonstration, student exchanges and interactive discussion
- Fosters **personal and professional growth**

Healing Touch Program Integrative Care Program (ICP)



This innovative program is dedicated to increasing the well-being of patients and staff in healthcare facilities.

Healing Touch Integrative Care Program Manual

Integrating Healing Touch in the Clinical Setting

- A comprehensive guide providing process and structure to implement integrative care for patient care and staff wellness.
- Developed by Healing Touch Program and Dr. Lourdes Lorenz in 2013.



Questions and Answers



Thank you so much for being here!

Healing Touch

Experience the Value of Energy Therapies

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www.HTICP.com

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