Integrating Reiki into Hospitals: Emerging Trends and Future Possibilities
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• Resources for building a hospital-based Reiki program
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Overview of Reiki
What Is Reiki?

• Japanese healing practice developed by Dr. Mikao Usui (1865-1926)

• Involves hands on touch, ki or life force energy, to strengthen body’s ability to heal

• Ancient Eastern ideology- health/illness- mind-body-spirit (Honervogt, 1998; Miles, 2003; Rand, 2005; Usui & Petter, 2003)

• Categorized as a bio-field therapy
What Is Reiki Not?

- A religion
- Faith-based
- A cult
- An invasive or intrusive treatment
- Dangerous
Reiki in Action

- Reiki sessions employ various hand positions either in gentle contact with, or slightly removed from the body.

- Clients remain fully clothed.

- Typically, sessions last several minutes up to one hour; the length is easily tailored to meet the demands of the environment.
Popularity of Reiki

• 2007:
  – 1.2 million adults and 161,000 children in the USA received one or more sessions of energy healing, such as Reiki (National Health Interview Survey);

  – 15% of American hospitals (more than 800 facilities) offered Reiki as a hospital service (Gill, 2008)
The Science of Reiki
Does Reiki Work?
Need for the Touchstone Project

• Support for Reiki as a healing modality:
  – Primarily from personal observations and stories
  – Growing number of studies in people, animals and laboratories

• The Touchstone Project was conceived by William Rand, founder and president of The International Center for Reiki Training, to evaluate published Reiki research studies with a standardized and informed process
Findings: Reiki’s Effectiveness in Various Settings

Of the 31 studies evaluated, 14 were informative:

- **2** do not support Reiki as an effective healing modality in:
  - Post stroke recovery and rehabilitation
  - Fibromyalgia

- **6** show preliminary support in various indications, but need to be duplicated and/or expanded

- **5** suggest Reiki’s effectiveness in improving:
  - Chronic pain
  - Stress, depression
  - Practitioner well-being

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## Summary Table of Effectiveness in Various Settings

<table>
<thead>
<tr>
<th>CLINICAL Indication or condition</th>
<th>Solid Initial Evidence of No Effect</th>
<th>Suggestive Initial Evidence of No Effect</th>
<th>Mixed or Conditional (study design and/or execution issues)</th>
<th>Suggestive Initial Evidence of Positive Effect</th>
<th>Solid Initial Evidence of Positive Effect, on Which to Base Future Studies</th>
</tr>
</thead>
<tbody>
<tr>
<td>2. Post stroke rehabilitation and recovery</td>
<td></td>
<td>2. Pre-op relaxation and post op pain</td>
<td></td>
<td>2. Well-being in Reiki practitioners</td>
<td>2. Well-being in Reiki practitioners</td>
</tr>
<tr>
<td>3. Well being in Practitioners</td>
<td>3. Anxiety, stress</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>4. Anxiety, stress</td>
<td>4. Depression, anxiety, stress</td>
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<tr>
<td>5. Depression, anxiety, stress</td>
<td>5. Depression, anxiety, stress</td>
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</table>
Conclusions

- More scientifically rigorous studies are needed with greater numbers of experimental subjects;

- Evidence base is emerging with contemporary, more well-designed studies with Reiki;

- Reiki does not appear to have a measurable effect on fibromyalgia or post-stroke rehabilitation;

- Reiki shows promise as a healing modality, especially in the areas of *stress, anxiety, chronic pain and self-care.*

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Overview of Reiki’s Potential as an Offering in Hospitals and Healthcare Settings
Philosophical Underpinning for Establishing Hospital-based Reiki Practices

“The focus of offering Reiki in (our) hospital (is) to bring compassion and humanity back into the patient’s experience. Additionally, at a time when patients can feel passive in their care, Reiki offers a sense of empowerment. By choosing to receive Reiki, patients can actively participate in their healing process.”

Patricia Alandydy, Portsmouth Hospital Program, New Hampshire

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Reiki Programs Offered at Prestigious Hospitals and Clinics

1. Columbia University Medical Center, NY
2. New York-Presbyterian Hospital, NY
3. Duke University, NC
4. Yale New Haven Children’s Hospital, CT
5. Cleveland Clinic Wellness Institute, NJ
6. Memorial Sloan-Kettering Cancer Center, NY
7. University Medical Center, AZ
8. Children’s Hospital, MA
9. Dana Farber Cancer Institute, MA
10. Hartford Hospital Integrative Medicine, CT

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Use of Reiki in the Hospital Context

Three main areas:

1. Incorporating Reiki practice for fast-paced health environments, to reduce stress, anxiety and pain in patients and caregivers

2. Continued exploration of self-care with Reiki

3. Comfort/palliative/hospice care
Potential Benefits

For Patients

1. Reduction of stress, anxiety
2. Promoting feeling of control and engagement in own wellbeing
3. Promoting trust between patient and caregiver(s)
4. Additive benefit to conventional drug therapies potentially allowing reduced medication, fewer side effects and toxicities
5. Possible shorter recovery times

For Caregivers

1. Reduction of stress/burnout
2. Promoting positive well being, sense of competence
Potential Business Value

For Healthcare Business (Hospitals, Clinics, Hospice)

1. Reduction in patient stay in hospitals
2. Fewer complications
3. Reduction in staff turnover
4. Reduction in invasive procedures
5. Destination of choice for elective procedures
“Some of the positive things I have seen and can attest to include headaches that have disappeared and pain that has subsided after a Reiki session. I have had patients tell me they are now completely at rest and have no more worries.”

Gerard Ham, CentraState Medical Center
“According to hospital based research and interviews with physicians and nurses Reiki reduces pain, stress, anxiety, and nausea, improves sleep, reduces unwanted effects from medication and other medical procedures and accelerates recovery from surgery. “

William Lee Rand, President, The International Center for Reiki Training
Example of Successful Program Growth
Reported Metrics from Hartford Hospital
(www.harthosp.org)

4X growth of volunteers = 17X growth in treatments
Examples of Outcomes
Reported Metrics from Hartford Hospital Study
(www.harthosp.org)

Effects of Reiki on Patient Relaxation and Pain
Pilot Study, 12/99-12/00
0 = Very Relaxed/No Pain
10 = Very Tense/Unbearable Pain

Best  Wors t

<table>
<thead>
<tr>
<th>Relaxation</th>
<th>Pain</th>
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<tr>
<td>Pre-treatment</td>
<td>Post-treatment</td>
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<tr>
<td>2.1</td>
<td>2.2</td>
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<tr>
<td>3.7</td>
<td>5.2</td>
</tr>
</tbody>
</table>

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Examples of Outcomes (cont’d)
Reported Metrics from Hartford Hospital Study
www.harthosp.org

Effects of Massage or Reiki on Sleep and Nausea in Patients*
7/03-9/03

* Mixed Methods

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Examples of Outcomes (cont’d)
Reported Metrics from Hartford Hospital Study
(www.harthosp.org)

Effects of Reiki on Employee Relaxation, Pain and Fatigue
12/99 – 12/00

0 = Very Relaxed/No Pain
10 = Very Tense/Unbearable Pain

Pre Reiki
Post Reiki

p < .0001 relax, pain: p < .01 fatigue (n=44)
Examples of Outcomes (cont’d)
Reported Metrics from Hartford Hospital Study
(www.harthosp.org)

Effects of Acupuncture or Reiki on Patient Anxiety and Pain Levels*
189 patients seen once a week for 6 weeks in Brownstone Ambulatory Clinic 1/8/03 - 12/3/04 (76 receiving acupuncture, 84 receiving massage, 36 receiving Reiki)

*Mixed Methods
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Examples of Outcomes (cont’d)
Reported Metrics from Hartford Hospital Study
(www.harthosp.org)

Patient Satisfaction Rating: Likelihood of choosing Hartford Hospital for future admissions because of the Integrative Medicine Program

10/03-12/03

![Bar chart showing patient satisfaction ratings]

- More Likely: 84.45%
- The Same: 14.55%
- Less Likely: 0%
Effects of Reiki Treatment on Pain, Anxiety and Well-being in Cancer Patients (1/2010-9/2010)

<table>
<thead>
<tr>
<th>Data Gathered</th>
<th>Jan 7 to Sept 13, 2010</th>
</tr>
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<tbody>
<tr>
<td>Number of Patients</td>
<td>79</td>
</tr>
<tr>
<td></td>
<td>11 Male</td>
</tr>
<tr>
<td></td>
<td>68 Female</td>
</tr>
<tr>
<td>Number of Sessions</td>
<td>312</td>
</tr>
<tr>
<td>Pain Scale</td>
<td></td>
</tr>
<tr>
<td>Average Change</td>
<td>1.53</td>
</tr>
<tr>
<td>Range</td>
<td>0 to 8</td>
</tr>
<tr>
<td>“Corrected” Average</td>
<td>2.26</td>
</tr>
<tr>
<td>Zero = no pain</td>
<td></td>
</tr>
<tr>
<td>10 = severe pain</td>
<td></td>
</tr>
<tr>
<td>Anxiety Scale</td>
<td></td>
</tr>
<tr>
<td>Average Change</td>
<td>2.7</td>
</tr>
<tr>
<td>Range</td>
<td>0 to 9</td>
</tr>
<tr>
<td>“Corrected” Average</td>
<td>3.2</td>
</tr>
<tr>
<td>0 = no anxiety</td>
<td></td>
</tr>
<tr>
<td>10 = severe anxiety</td>
<td></td>
</tr>
<tr>
<td>Wellbeing Scale</td>
<td></td>
</tr>
<tr>
<td>Average Change</td>
<td>1.9</td>
</tr>
<tr>
<td>Range</td>
<td>10 to 0</td>
</tr>
<tr>
<td>“Corrected” Average</td>
<td>2.1</td>
</tr>
<tr>
<td>10 = feel great</td>
<td></td>
</tr>
<tr>
<td>0 = feel miserable</td>
<td></td>
</tr>
</tbody>
</table>
Types of Reiki Programs

1. Segmented by type of practice:
   - Run by hospital staff, only - Dana Farber Cancer Institute, MA
   - Staff and lay practitioners - New York Presbyterian Hospital, NY
   - Mostly lay practitioners - Hartford Hospital Integrated Medicine, CT
   - Managed by External Company - University Medical Center, AZ
   - Fee charged for Reiki - Cleveland Clinic, NJ
   - No fee for Reiki - most facilities
   - Staff integrates Reiki into practice
     - Boston Children’s Hospital, MA (125 staff members)
     - Yale New Haven Children’s Hospital, CT (25 staff members)

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Types of Reiki Programs (cont’d)

2. Segmented by type of clients:

  • Treats both Inpatients and outpatients - Memorial Sloan-Kettering Cancer Center, NY
  • Treats Specific Inpatients, only – New York Presbyterian Hospital, NY
  • Reiki for All inpatients - Hartford Hospital, CT
  • Reiki for out patients, only - Duke University, NC
  • Reiki for both Patients and family members - Columbia University Medical Center, NY
  • Staff receive Reiki - most facilities
Future Areas for Potential Expansion: Examples

1. Terminal Care/ Hospice
2. Home Care
3. Elder Care/ Nursing Facilities
4. Prenatal Care/ Post delivery Care
5. Rehabilitation Facilities
6. Mental Health Facilities
7. Detention Facilities
### Putting It ALL Together: NOW (New Offering Workplan)

<table>
<thead>
<tr>
<th>Component</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client base</td>
<td>Patients, staff, community, children, specific conditions (cancer, maternity, surgical)</td>
</tr>
<tr>
<td>Practitioner Level</td>
<td>Reiki I, II, III; staff or from community</td>
</tr>
<tr>
<td>Business Model</td>
<td>Volunteer vs paid; free vs. revenue-generating</td>
</tr>
<tr>
<td>Initial scale of offering</td>
<td>10 practitioners; 100 patients</td>
</tr>
<tr>
<td>Location of offering</td>
<td>Clinic, hospital unit, outpatient,</td>
</tr>
<tr>
<td>Scope of offering</td>
<td>Practice vs teaching, or both</td>
</tr>
<tr>
<td>Champion</td>
<td>Department Chair, CFO, etc</td>
</tr>
<tr>
<td>Other stakeholders</td>
<td>Community, health outcomes professionals, physicians, nurses</td>
</tr>
<tr>
<td>Metric Definition(s)</td>
<td>Length of stay, repeat visits, pain med use, time to recovery, etc</td>
</tr>
</tbody>
</table>

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Resources for Starting A Hospital-based Reiki Program

1. For best practices in establishing successful programs:
   • www.hartfordhealth.org/IntMed/manual/reiki.asp

2. For consultation in establishing programs, designing and conducting clinical studies:
   • www.cam-ra.com

3. For comprehensive review of scientific literature:
   • www.centerforreikiresearch.org
Reiki is one of the leading safe Energy Medicine approaches. The study summaries provided by the Center for Reiki Research are the best source for information on Reiki Research.

- C. Norman Shealy, M.D. Ph.D.
Founder, American Holistic Medical Association

Reiki is a method of stress reduction that also promotes healing. It is administered by laying-on hands. Lay practitioners have used it for more than 90 years, and its popularity is growing. A study done in 2007 by the National Health Interview Survey indicates that 1.2 million adults and 161,000 children received one or more sessions of energy healing therapy such as Reiki in the previous year. According to the American Hospital Association, in 2007, 15% or over 800 American hospitals offered Reiki as part of hospital services.

Read more about Reiki

The purpose of this web site is to promote the scientific awareness of Reiki by providing a current list of evidence based research published in peer reviewed journals along with summaries of each of these studies. We also offer guidance and direction for those wanting to produce future studies. Also included on this web site is a list of hospitals, medical clinics, and hospice programs where Reiki sessions are offered.

Reiki

www.centerforreikiresearch.org
• Curated database, listing all peer-reviewed Reiki studies used in the Touchstone process with summaries (with updates).

• Recommends designs for future studies

• Consultation service is available to help others design and implement robust Reiki research investigations and hospital-based programs.
Appendix
# Relevant Citations

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**PRECLINICAL Indication or condition**

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