

HEALING TOUCH

At Children's Hospital & Medical Center

Sheila Mee, DMin, CHTP/I

OBJECTIVES

- ▶ Attendees will understand the use of Healing Touch with patients at Children's.
- ▶ Attendees will be able to describe Healing Touch.
- ▶ Attendees will be able to articulate the benefits to patients who receive Healing Touch treatments.
- ▶ Attendees will be able to enumerate indicators for referral for Healing Touch.

Healing Touch – A Biofield Energy Therapy

- ▶ A relaxing, nurturing energy therapy.
- ▶ Intentional gentle touch that assists in balancing physical, mental, emotional and spiritual well-being.
- ▶ Works with patient's energy field to support his/her natural ability to heal.
- ▶ Safe for all ages.
- ▶ Works in harmony with standard medical care.

Possible Benefits of Healing Touch

- ▶ Decreasing pain
- ▶ Reducing stress
- ▶ Calming anxiety, depression
- ▶ Strengthening immune system
- ▶ Enhancing recovery from surgery
- ▶ Relieving neck and back problems
- ▶ Supporting cancer care
- ▶ Creating a sense of well-being
- ▶ Easing acute and chronic conditions

Healing vs Curing – An Important Distinction

- ▶ Curing: Symptoms disappear/disease is gone
- ▶ Healing: *Haelen*—to make whole

Healing...

"...enables a person who is sick to re-integrate and recover the equilibrium between the mind, body, spirit and environment, moving toward wholeness even in the presence of ongoing challenges"

Foundations and Practice of Healing Touch

Research in...

Pediatrics

- ▶ Kemper (2009) – Pediatric oncology outpatients in the Healing Touch group had significantly decreased stress scores in comparison with control group.
- ▶ Wong (2013) showed the same thing in pediatric oncology outpatients

Research in...

Pediatrics

- ▶ Kundu (2014) showed pre-op Reiki therapy decreased post-op oral pain
- ▶ Smith (2014) showed M technique improved growth rates as well as physiologic and behavioral states in pre-term infants

Healing Touch History at Children's

- ▶ Introduced through Hand in Hand Palliative Care beginning in 2011.
- ▶ Pilot Study in 2012–Dr Andrew Macfadyen and Sheila Mee, CHTP/I

The Pilot Study



Healing Touch Pilot Project

- ▶ Approved for 12 subjects who have chronic, complex problems
- ▶ Un-blinded
- ▶ Measure vital signs and FLACC/Number both before and after
- ▶ Map energy fields before and after
- ▶ Every other day treatments for up to 3 treatments

FLACC Score

	0	1	2
Face	No particular expression or smile	Occasional grimace or frown, withdrawn, disinterested	Frequent to constant frown, clenched jaw, quivering chin
Legs	Normal position or relaxed	Uneasy, restless, tense	Kicking, or legs drawn up
Activity	Lying quietly, normal position, moves easily	Squirming, shifting back and forth, tense	Arched, rigid, or jerking
Cry	No cry (awake or asleep)	Moans or whimpers, occasional complaint	Crying steadily, screams or sobs, frequent complaints
Consolability	Content, relaxed	Reassured by occasional touching, hugging or "talking to", distractible	Difficult to console or comfort

Establishing the HT Program

- ▶ Funding for hands on treatment and training
 - Failed attempts–NIH
 - Success–each one counts foundation
- ▶ Grant based 4 hours a week in 2014 and 2015.
- ▶ Grant based subsidy for staff training
- ▶ HT Practitioner hired in January 2016
- ▶ Since then, 650 – 700 treatments annually

Doing Healing Touch with Patients



"The Healing Touch helps to calm and relax my 6th month old son. I look forward to it when the day comes for it to be done"

Doing Healing Touch with Patients



"I cannot thank you enough for your therapy. His turnaround started after his first session. Coincidence? Not in my opinion"

What Do Patient Say About HT

- ▶ Non-verbal
- ▶ Verbal--Carly



Staff Training in Healing Touch

- ▶ Numbers of nurses, physicians and staff have done HT training beginning in 2014.
- ▶ Two of the five courses offered here at Children's.
- ▶ Provides another set of tools for the tool chest of those caring for our patients.
- ▶ **Next Course—November 2–3**

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- ▶ 2014—Offered Level 1 and Level 2 classes and two in-services on holistic health and resiliency open to all staff.



- ▶ 2015—Offered two Level 1 and one Level 2 classes as well as a 2 hour “parent training” session



Most Recent Class



What Does Staff Say?

- ▶ Healing Touch has influenced my Nursing Care in many ways. I have seen children inconsolable with pain relax enough to sleep and notable improvements in blood pressure after treatment. The children are very receptive because we do not have to physically touch them when they are already upset. They are able to report feelings of warmth, relaxation and relief of pain.

Lucinda, RN

What Does Staff Say?

- ▶ Healing Touch has given me new tools to use to help my patients with coping and pain. I have used a few techniques such as Modified Mesmeric Clearing and Laser to help children calm after surgery. Recently, I did a clearing with a post-op tonsillectomy patient. He was 8 years old, in pain and agitated. The RN took his blood pressure prior to Healing Touch. It was 145/86. After doing the technique, the patient fell asleep and his blood pressure was down to 124/67.

Hilary, Child Life Specialist

Parents Doing Healing Touch



What Patients will Benefit from Healing Touch?

- ▶ The quick, easy and accurate answer---ALL of them
- ▶ Realistically, those who are
 - Agitated and or anxious
 - In Pain
 - Chronic
 - Lonely, sad, etc
 - Anxious parents

If you want Healing Touch for your patients.....

- ▶ Inpatient--Call Sheila Mee at 402-955-5423 (Here Tuesday, Wednesday and Thursday) or at smee@childrensomaha.org
- ▶ Outpatient--Refer to community Healing Touch practitioners (List available).

If you want to learn how to do Healing Touch

- ▶ In community: Courses available throughout the year. Schedule-- Jane Bies, janebies14@gmail.com
- ▶ Hospital Staff: Register through Cornerstone. Next course available
 - **November 2-3**

QUESTIONS?

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