INTEGRATION OF HOLISTIC THERAPIES: THE PATH FOLLOWED TO INCORPORATING REIKI AND MUSIC THERAPY IN A CLINICAL SETTING

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Background Information
- Perioperative Integrative Care Committee (PICC) was formed to provide Holistic therapies for patients based on research and evidence based practice.

Objectives
- Provide Holistic therapies such as; Reiki, Therapeutic Touch and Music therapy to pre and post-operative patients.
- Educate staff on the benefits of Holistic therapies for their patients.
- Inform staff on how to obtain certification in different holistic therapy modalities.
- Expanding the use of Reiki throughout the hospital.

Implementation
- PICC held bi-monthly meetings to organize and structure the program.
- Educational inservices were held throughout the hospital to enlighten staff on the benefits of holistic therapies for their patients and themselves.
- Patient Reiki brochures, an email account and a patient request phone line were implemented.
- Reiki has been provided for staff during Perianesthesia Nurses week and during the several “Staff Reiki Days” that were offered.

Positive Outcome Achieved
- Requests from physicians and patients for Reiki have increased.
- Positive feedback from patients, families and staff
- Staff feel empowered to offer and provide these services to their patients
- More departments seeking guidance in developing their own Reiki programs for their patient population.
- Reiki Volunteer Program formed to incorporate treatments hospital wide.

Successful Practice Identified
- Easier accessibility to holistic therapies for patients within the hospital
- Increasing number of staff becoming Reiki practitioners
- A wider variety of music being offered secondary to CD donations and the use of a hospital harpist
- Healthcare workers recognize the positive effects of Holistic Therapies

Implications for Perianesthesia Nurses:
- The use of Reiki as an adjunct therapy to pain/anxiety management.
- Perianesthesia staff is utilized as experts in providing education on Holistic therapies and facilitating treatments.