Abstract

The Effect of Reiki on Women’s Preoperative Anxiety in an Ambulatory Surgery Center.

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Preoperative anxiety is a widely recognized phenomenon in the surgical setting. Women have been found to suffer a higher incidence of preoperative anxiety than men. In addition to the unpleasant feeling anxiety brings, patients can also experience an increase in heart rate, blood pressure, and pain. The purpose of this study was to explore the effect of Reiki on preoperative anxiety in women undergoing ambulatory surgery procedures.

An experimental design was used; 20 patients received Reiki with music, and 18 patients in the control group received music only. A pre-post anxiety scale was utilized, and blood pressure and pulse were measured before and after each treatment. Target population included women between the ages of 18-59. The results showed Reiki to be statistically significant on heart rate, systolic blood pressure, and anxiety scales in preoperative women as compared to music alone.

In recent years, patients have expressed an interest in using a more holistic approach using complementary alternative modalities along with pharmacological therapy. Reiki is a form of touch therapy that is low cost and easily implemented by certified practitioners. Therefore, Reiki could be utilized as a complementary therapy in the preoperative area to help alleviate anxiety. Nurses in particular are in a unique position to provide low cost, patient centered alternative interventions. Further research is needed to evaluate the effect of Reiki on patient satisfaction.

Keywords: Reiki, preoperative anxiety, music therapy.