

## **USUI REIKI IN AN AMBULATORY SURGERY CENTER**

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Team Members: Sharon Wood, BSN, RN; Mary Burk, RN; Sandy Gehlfus, BSN, RN, CAPA;

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### **Background Information:**

Some surgical patients have documented high anxiety levels. While medication is offered, holistic methods can also decrease anxiety. Implementing Reiki treatments into our nursing care would provide another choice for patients with high anxiety.

### **Objectives:**

Our objectives were to inform nurses about the holistic method of Reiki, train enough nurses to enable us to offer Reiki as a choice for relaxation for patients, and set up a standard method of giving and documenting Reiki treatments.

### **Implementation:**

The team leader trained as a Reiki Master and literature search was done for Reiki applications in healthcare. An in-service for staff was given to generate interest in Reiki as a tool for nursing, and Reiki was offered during staff appreciation events to enable nurses to experience Reiki. Nurses expressing an interest were trained in Usui Reiki Level One by Reiki Masters, and a documentation process was established. A handout for patients to learn about Reiki was developed. Nurses were then able to offer Reiki as an option for their patients, answering any questions they may have.

### **Statement of Successful Practice:**

Nurses now have a holistic technique to offer to patients whom they feel will benefit. Anecdotal feedback from patients shows a decrease in anxiety levels after Reiki.

Knowledge of holistic therapies has increased for both staff and patients.

### **Implications:**

Nurses can be educators for patients by providing knowledge of holistic therapies to empower patients in their own self-healing.