

Rady Children's Hospital San Diego Healing Touch Program



Definition of Integrative Medicine

- The practice of medicine that reaffirms the importance of the relationship between practitioner and patient
- Focuses on the whole person
- Informed by evidence
- Makes use of all appropriate therapeutic approaches, healthcare professionals and disciplines (Maizes, 277)¹

Healing Touch

- Biofield therapy
- uses touch to influence the human energy system
- affects the energy field that surrounds the body and the related energy centers
- created by a nurse for use in hospital settings
- now used everywhere

(What Is Healing Touch?)²

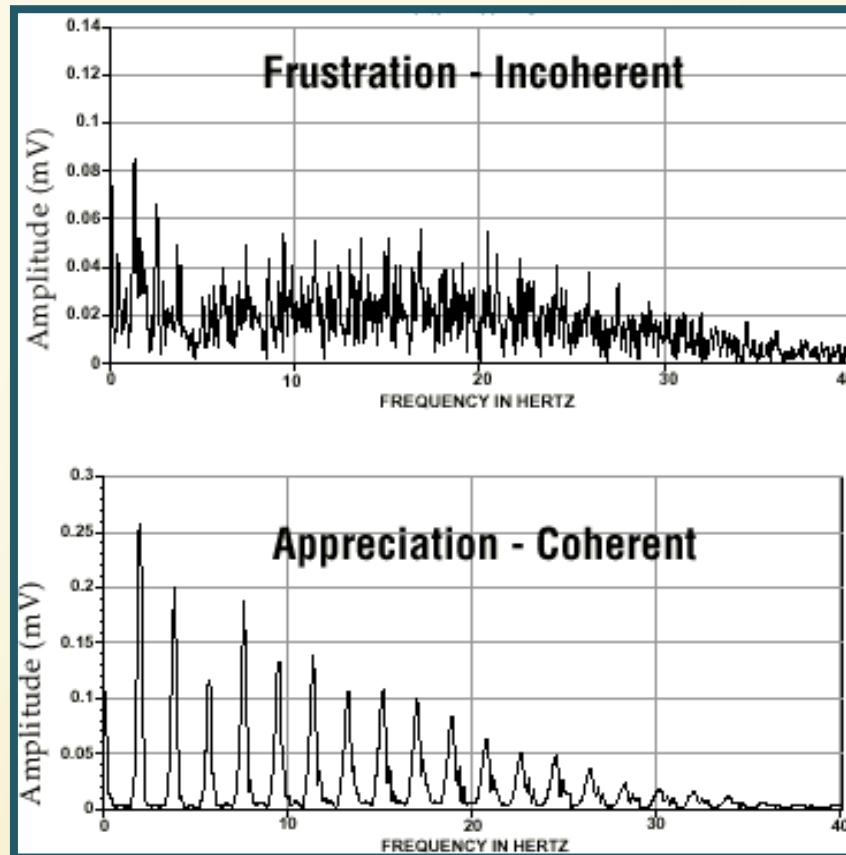




"The Relaxation Response"

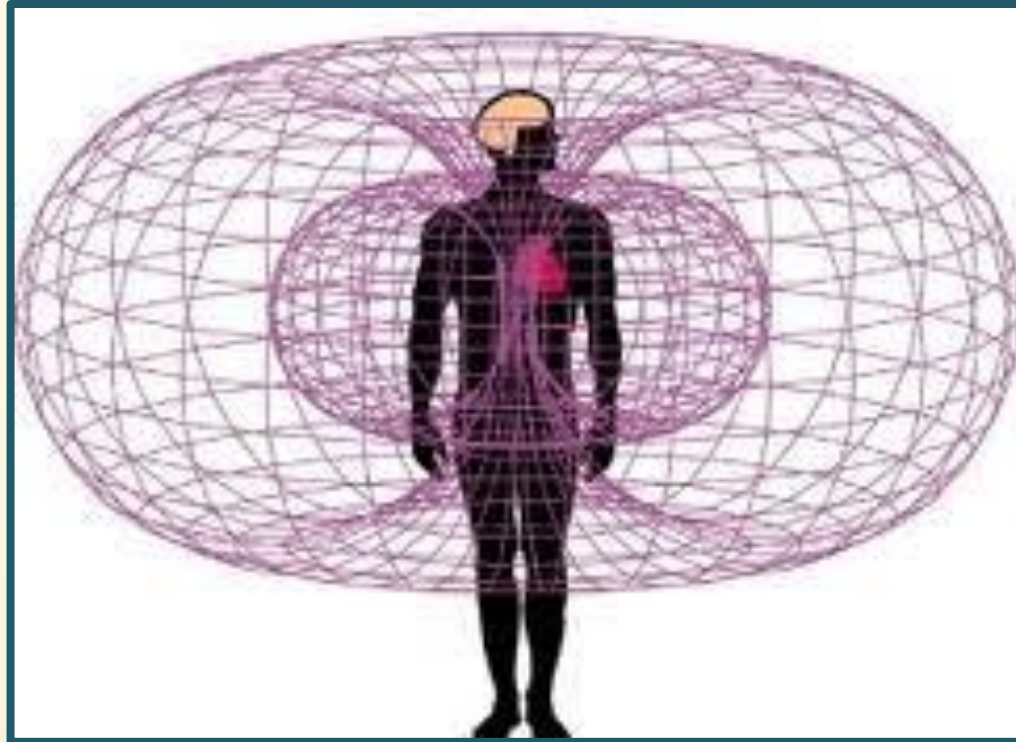
- A self-induced quieting of brain activity
- Leads to a body-wide slowdown and a feeling of well-being
- Measurably positive effects on disorders caused by stress or made worse by it
- Improves : high blood pressure, abnormal heart rhythms, digestive disorders (Benson)⁷

The Institute Of Heart Math⁸



(McCraty)⁶

We affect each other



Research

- PTSD Symptoms in Combat-Exposed Military were statistically decreased with Healing Touch and Guided Imagery (Jain, 177)⁴
- Complementary Medicine for Fatigue and Cortisol Variability in Breast Cancer Survivors (Jain, 777)⁵



Benefits of Healing Touch

- Decreased side effects from anesthesia and medications
- Relief of pain and increase in relaxation
- Reduction of anxiety and stress
- Acceleration of wound healing
- Aid in preparation for and follow-up after medical treatments and procedures
- Health maintenance

In 2017, approximately 2500 patient sessions performed inpatient and outpatients settings. (over 4000 sessions total including parents and staff)

All sessions have permission and are requested.

If it doesn't help.... It doesn't hurt to try.

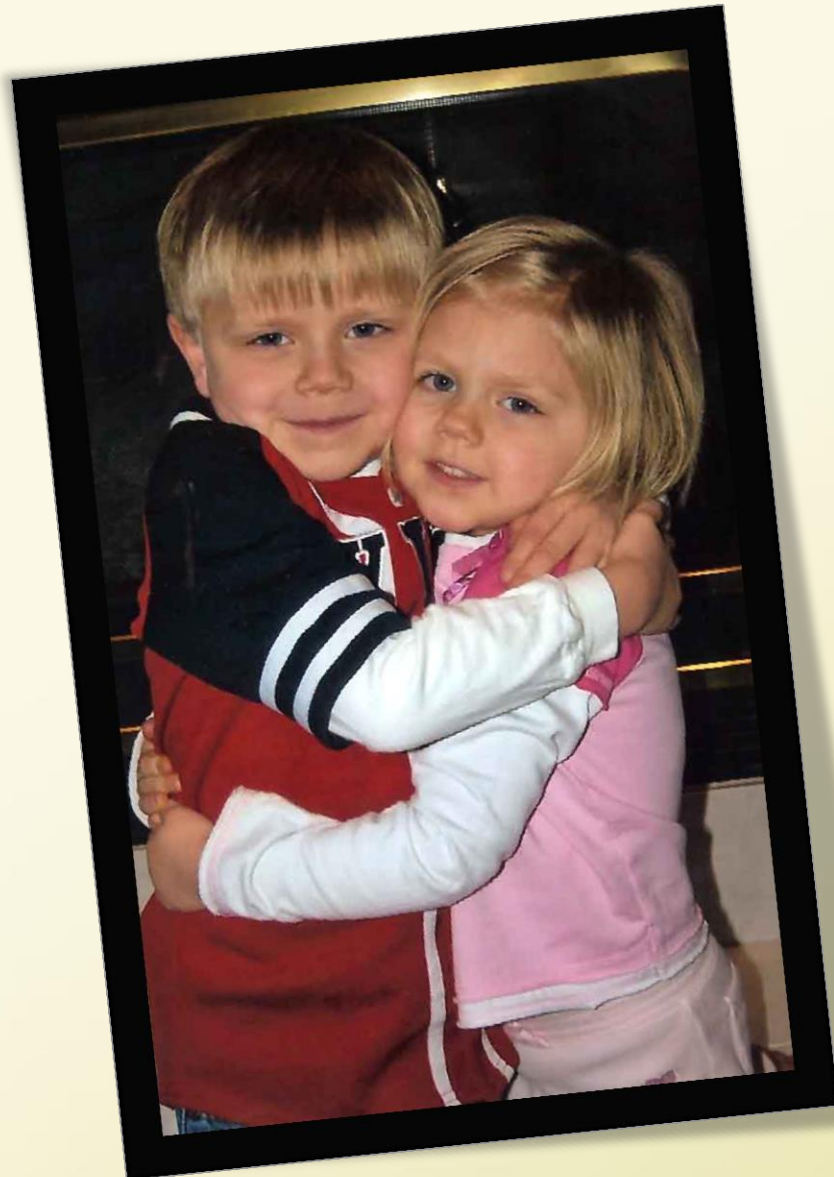
There are no side affects.

100's of sessions have been done with staff over the past 5 years.

Un-official pre and post pain and stress scales are consistently decreased by 50% or more in a 15- 20 min session.

Difficult to study pre and post pain scales as many fall to sleep and as per nursing code "We shall not awaken a sleeping child".





IT'S LIKE A HUG!

Never underestimate the healing
power
of a compassionate touch



References

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4. Jain, Shamini, George F. McMahon, Patricia Hasen, Madelyn P. Kozub, Valencia Porter, Rauni King, and Erminia M. Guarneri. "Healing Touch With Guided Imagery for PTSD in Returning Active Duty Military: A Randomized Controlled Trial." *Military Medicine* 177.9 (2012): 1015-021. Print.
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