

**From Soul Lightening Newsletter of 8-24-13**  
**Acupressure in a hospital setting**

**Healing Presence, Healing Practice: Gathering Data at the Bedside**  
by Elizabeth Monson, CRNP

Beginning in 2012 a group of nurses in Corvallis, Oregon enrolled in the Healing Presence, Healing Practice program at Good Samaritan Regional Medical Center, under the direction of Elizabeth Monson, CRNP. They have been trained in several modalities including Reiki and Clinical Acupressure, and have begun utilizing these skills at the bedside.

Over a 4 week period of time these nurses recorded the effects of 40 treatments for telemetry and intensive care unit patients. They recorded objective and subjective responses including:

- 78% of treatments resulted in symptom relief.
- 35% noted increased relief or relaxation after treatments.
- 33% of treatments resulted in unsolicited patient satisfaction.
- 7 reports of patient suffering from anxiety being able to fall asleep without medications.
- 3 reports of treatments assisting with early extubation.
- 2 reports of treatments allowing for successful sedation vacations.
- 1 report of possible early discharge attributed to treatment.

The implications of this small sampling are far-reaching. We are now in a healthcare environment where doing everything within our power to reduce hospital complications, provide for safety, and work quickly and efficiently is mandated. Considering there is an urgent priority to prevent rapid repeat readmissions, we are beginning to see how acupressure and Reiki are powerful adjunctive therapies for existing treatment plans.

Consider the implications of employing techniques which do not have any additional overhead costs, with the exception of provider training and time, and have virtually no side effects which could limit the need for symptom driven medications. We will continue to study how these techniques not only save healthcare dollars, but also eliminate side effects such as allergy, delirium, increasing fall risk, etc. These therapies are well-received and patients are reporting great satisfaction and successful relief of a multitude of symptoms.

*Liz Monson is a Certified Clinical Acupressure Practitioner, and a Soul Lightening instructor of the Seva Stress Release and the Acupressure for Anyone® workshops. She continues to train nursing staff in the Healing Presence, Healing Practice program, and is currently analyzing data collected from a study of parent use of Soul Lightening acupressure to address ADD/ADHD symptoms in their children.*