

Note: This paper was delivered to the Critical Care Symposium in Vancouver, WA on November 12, 2013. It was voted Best Poster and Presentation by 600+ conference participants. It was also delivered in June, 2014 at the American Holistic Nurses Association conference in Portland, OR as a poster and as a day-long pre-conference workshop.

Creating Calm in the Storm: An Innovative Approach to Integrating Complimentary Therapies into Patient Care

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Purpose: To improve symptom management and increase patient satisfaction through the integration of acupressure and Reiki into traditional nursing interventions.

Background: During hospitalization patients experience a myriad of physical, psychological and environmental stressors which can impede the healing process. A variety of complimentary therapies, including acupressure and Reiki, have demonstrated success in managing pain, stress, and anxiety, thus helping to create calm in the chaos, promote healing, and improve patient comfort and satisfaction.

Project Description/Methods: Twelve nurses trained in acupressure and Reiki working on a 39-bed progressive care unit participated in study. These nurses offered acupressure and/or Reiki to 110 patients as patient condition warranted and nurse time allowed. Pre- and post-treatment pain and anxiety levels were assessed separately using 0-10 scales where 0 = no anxiety or pain and 10 = worst anxiety or pain. Relief of other symptoms such as nausea and sleep deprivation was assessed as appropriate. Patients were asked if they would agree to another treatment and patient satisfaction was measured using a 0-10 scale, 10 being most satisfied.

Results: Average pre-treatment pain score was reported at 6.6. Average post-treatment pain score was reported at 3.1; a decrease of 3.5 points. Pre-treatment anxiety score averaged 6.5. Post-treatment anxiety scores averaged 2.4; a decrease of 4.1 points. Patients also reported other benefits including improved sleep, decreased nausea, and decreased confusion and agitation. Patient satisfaction averaged 9.4 on a 0-10 scale with 10 being the most satisfied with treatment. Average length of treatment was 18 minutes.

Conclusions: Incorporating acupressure and Reiki into patient care of this sampling demonstrated a measurable decrease in pain, anxiety and other symptoms with a high degree of patient satisfaction.

Creating Calm in the Storm: An Innovative Approach to Integrating Complementary Therapies into Patient Care

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GOOD SAMARITAN REGIONAL MEDICAL CENTER ♦ CORVALLIS, OREGON

Seeking to improve symptom management and increase patient satisfaction through the integration of acupressure and Reiki into traditional nursing interventions.

BACKGROUND

- During hospitalization patients experience a myriad of physical, psychological and environmental stressors which can impede the healing process.
- Many complementary therapies, including acupressure and Reiki, have demonstrated success in managing pain, stress, and anxiety, thus helping to create calm in the chaos, promote healing, and improve patient comfort and satisfaction.

REIKI

- A type of bio-energetic therapy using the hands on or near the body.
- Promotes stress reduction and relaxation response.

ACUPRESSURE

- Applying pressure to specific points or series of points on the body using finger pressure.
- Pressure may be applied by health care providers or patients themselves.

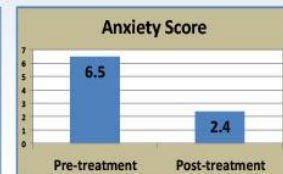
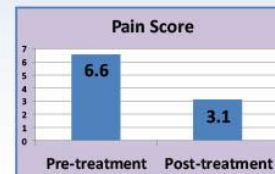
Hoku (LI 4):
Useful for treating
pain and anxiety



PROJECT DESCRIPTION/METHODS

- Nurses trained in acupressure and Reiki working on a 39-bed progressive care unit participated in this study.
- These nurses offered acupressure and/or Reiki to 110 patients as patient condition warranted and nurse time allowed.
- Pre- and post-treatment pain and anxiety levels were assessed separately using 0-10 scales where 0 = no anxiety or pain and 10 = worst anxiety or pain.
- Relief of other symptoms such as nausea and sleep deprivation was assessed as appropriate.
- Patient satisfaction was measured using a 0-10 scale, 10 being most satisfied.

RESULTS



- Patients and families also reported other benefits including:
 - Improved sleep
 - Resolution of or decreased nausea
 - Decreased confusion and agitation
- Average patient satisfaction rating 9.4 on a 0-10 scale
- Average length of treatment: 18 minutes



"I can definitely state that the most relaxed, comfortable, and pain free I was during my stay in the hospital was immediately during and after those acupressure sessions..."

- Steve A., Cardiovascular Surgery Patient

IMPLICATIONS FOR PRACTICE

- Incorporating acupressure and Reiki into patient care of this sampling demonstrated a measurable decrease in pain, anxiety and other symptoms with a high degree of patient satisfaction.
- Integration of complementary therapies into nursing practice expands possibilities for healing interventions and contributes to greater nurse job satisfaction.
- Complementary therapies such as acupressure and Reiki are well-received and give patients more choice in treatment options.
- Future research with bedside application of complementary therapies is needed to identify reduction in total healthcare costs, medication use, and adverse effects.

Calm in the Storm: Prevention of Nurse Burnout in the Critical Care Setting Through the use of Complementary Therapies

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To reduce the effects of chronic occupational stress experienced by critical care nurses and promote increased job satisfaction using a holistic approach.

BACKGROUND

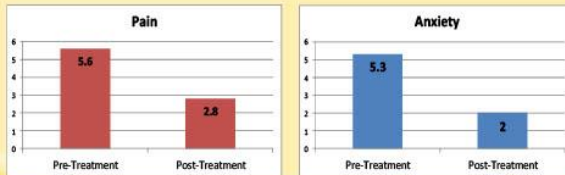
- Critical care nurses are under chronic occupational stressors, including high patient acuity, working with advanced technology, and caring for families in crisis.
- Our research has shown that holistic interventions such as acupressure and Reiki are effective tools in reducing burnout, boosting levels of compassion, and increasing job satisfaction.

PROJECT DESCRIPTION/METHODS

- Six nurses trained in acupressure and Reiki working within the critical care units of a large regional medical center, offered acupressure and/or Reiki to 48 nurses during a Nurses Week Celebration.
- Pre- and post-treatment pain and anxiety levels were assessed separately using 0-10 scales where 0 = no anxiety or pain and 10 = worst anxiety or pain. The nurses were also asked to describe any other observations about the treatment experience and if they would be interested in learning more about holistic interventions for self care or patient care.

RESULTS

- 98% of nurses reported a decrease in pain and anxiety.
- Overall, most nurses reported feeling "more relaxed."
- 91.6% of nurses said they would be interested in learning more about holistic interventions for self-care and 89.6% of nurses reported they would like to learn more about complementary nursing interventions.



"We minimize the value of touch..."

It can be so healing."

-Janell Anderson, RN, GSRMC Critical Care Manager



IMPLICATIONS FOR PRACTICE

- Offering acupressure and Reiki to this sampling of nurses demonstrated a measurable decrease in pain and anxiety.
- While research has demonstrated that providing complementary therapies to patients produces better outcomes, addressing the holistic needs of caregivers should also be considered.
- Helping nurses manage stress associated with the critical care environment can lead to better patient experiences and may also contribute to increased nurse job satisfaction, helping to prevent nurse burnout.
- Our critical care units continue to develop strategies to create a healing environment for both patients and nurses, including training more staff in complementary therapies and creating the Sue Riley Staff Renewal Room.

