Impacting the Healing Environment
Using Healing Touch as a Nonpharmacologic Modality

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Outline

• What is Healing Touch
• Origins
• Certification
• Impacting the Healing Environment Using Healing Touch as a Nonpharmacologic Modality
• Healing Touch in Healthcare
• Next steps
• Current Research
• Questions
About Me
What is Healing Touch?

“Healing Touch is a relaxing, nurturing energy therapy. Gentle touch assists in balancing your physical, mental, emotional, and spiritual well-being. Healing Touch works with your energy field to support your natural ability to heal. It is safe for all ages and works in harmony with standard medical care.”

https://www.healingbeyondborders.org
Origins of Healing Touch
Healing Touch Curriculum

5 class program

16-18 hours per class

2 accredited organizations

1 year mentorship with a nurse after 4\textsuperscript{th} class

Option to submit additional documentation to be recognized as a certified practitioner after the final class
Impacting the Healing Environment Using Healing Touch as a Nonpharmacologic Modality

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Mentored by: Christine Griffin, MS, RN-BC, CPN, Caritas Coach, Master HeartMath Trainer, Professional Development Specialist

**Background**
Clinical inquiry

By increasing the use of Healing Touch as a holistic modality at the bedside, healthcare providers are more equipped to enhance the patient’s healing environment.

Effective January 2, 2018, the Joint Commission created a new mandate requiring nonpharmacological interventions/modalities for pain management.

Pain management is one component of the healing environment that can be affected by the healthcare provider.

Other outcomes explored within this research include anxiety, mood, fatigue, quality and duration of sleep, stress, relaxation, & nausea.

**PICO**
For in-patient populations, how does Healing Touch, compared to no Healing Touch impact the healing environment?

**Results**

**Level of Evidence Table**

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<th>Experimental Evidence</th>
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**Recommendations**

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**Synthesis**

Statistically significant evidence suggests that the healing environment can be improved through the utilization of Healing Touch

Healing Touch complements current medical practice and may reduce side effects from standard treatment and management

Healing Touch aligns with CHCO’s Reimagine 2020 Initiative, and is consistent with patient centered care, and the vision/mission of the organization

Healing Touch may positively impact staff resiliency, leadership initiatives and an increase in psychological safety for those providing care at the bedside

**What is Healing Touch?**

See for yourself! Scan for a video.
See for yourself! Scan for a link to Healing Beyond Borders.

**Search**

**Keywords:** healing touch, pain, surgery, nausea, nurse, healing touch, alternative/complementary therapies, acute care, healing, sleep, polysomnography, emerge, massage, presence, neoplasms, chemotherapy, symptom management, biofield therapy, pain, anxiety, stress, pediatric cancer, mood.

**Databases:** CINAHL, Cochrane Library, PubMed

**Design/Method:** Randomized Control Trials, Systematic Review, Meta Analysis, Qualitative Surveys/Pilot Studies

**Legend**

↑ = Increased
↓ = Decreased
NE = Not Evaluated

1= Anderson et al. (2015)
2= Anderson et al. (2016)
3= Anderson et al. (2017)
4= Gottschlich et al. (2014)
5= MacIntrye et al. (2008)
6= Post-White et al. (2003)
7= Wilkinson et al. (2002)
8= Wong et al. (2012)

**Evidence Based Practice Change Recommendations**

Assess interest from staff, patients, and families regarding implementation of Healing Touch at CHCO

Identify a healing environment champion/committee to target receptive populations, establish goals, implement Healing Touch interventions and evaluate outcomes

Launch a Healing Touch initiative at CHCO to reproduce and build upon successful programs in other health care settings

Contribute to research concerning the impact of nonpharmacological interventions within the pediatric population
What is next?

Nursing is driven by evidence
Current research

- Reduction in pain intensity for people with chronic pain conditions
- Physiologic improvements to vital signs of oncology patients
- Decreases in LOS and anxiety
- Decreases in total fatigue and cortisol
- Quality of life in chronic disease management
- Reduction of PTSD/depression symptoms
- Decreased pain and anxiety
Article 1
Keywords: healing touch, pain, surgery, nausea, nurse

Article 2
Keywords: nurses (basic), healing touch, alternative/complementary therapies

Article 3
Keywords: healing touch, nurses, acute care, healing

Article 4
Keywords: sleepy, polysomnography, healing touch, energy

Article 5

Article 6
Keywords: massage, healing touch, presence, complementary therapies, neoplasms, chemotherapy, symptom management, randomized control trials

Article 7

Article 8
Keywords: healing touch, biofield therapy, pain, anxiety/stress, fatigue, pediatric cancer

Joint Commission Mandate

QR CODE: Youtube video
Children’s Hospital & Medical Center Omaha (2016, September 8). Healing Touch Therapy at Children’s Hospital & Medical Center [Video file]. Retrieved from https://www.youtube.com/watch?v=_L9mFlii9g

QR CODE: Healing Beyond Borders Website
https://www.healingbeyondborders.org
Additional Resources


Questions?

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