

Center for Reiki Research Study Summary

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Reiki as a Rehabilitative Nursing Intervention for Pain Management: A Case Study.

Reference

Pocotte SL, Salvador, D. Reiki as a Rehabilitative Nursing Intervention for Pain Management: A Case Study. *Rehabilitation Nursing*, 33(6): 231-232, 2008.

Purpose of Study

To determine whether Reiki is useful as a rehabilitative nursing intervention for management of chronic pain.

Objective/goals/hypotheses

The objective was to monitor heart rate and self-reported levels of pain and wellbeing before and after Reiki sessions in a paraplegic patient with chronic back and leg pain suffered after a gunshot wound.

Methods

Data were collected before and after the patient was given a 30-minute Reiki session. This protocol was followed weekly for 6 weeks.

Results

The patient reported a decrease in pain level and an increase in wellbeing after all but one Reiki treatment. His heart rate decreased after all treatments. One month after the final treatment, the patient reported that his pain level was back to pre-Reiki levels.

Strengths

The case study confirms findings already known that Reiki treatment has a noticeable effect on the relief of pain and increased sense of wellbeing.

Weaknesses

No numerical data were included and there was no information about the patient's perception of outcome during the treatments. The study adds very little to Reiki research.

Additional comments

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