

Reducing OA Symptoms with Practitioner and Self-Delivered Healing Touch



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INTRODUCTION

“Healing Touch is a relaxing, nurturing energy therapy that uses gentle touch to assist in balancing physical, mental, emotional, and spiritual well-being. Healing Touch works with your energy field to support your natural ability to heal, is safe for all ages and works in harmony with standard or allopathic medical care” (Healing Beyond Borders, 2015).



STUDY DESIGN

The study design will test the effect of biofield intervention specifically, Healing Touch (HT), on older adults with Osetoarthritis (OA) knee pain and knee function.



Holistic Healing Center of Michigan, PLLC (2010).

STUDY AIMS

- The primary aim will test the hypothesis that participants with OA who receive HT 3 times a week for 6 weeks will demonstrate reduced pain and improved feelings of wellbeing compared to the control.
- The exploratory aim will assess the feasibility, adherence and efficacy of self-delivered HT in a 6 week intervention program.

MATERIALS AND METHODS

Technique	Purpose	Rationale
Pain Drain	Clearing – Reduce local congestion & discomfort	Reduce joint inflammation and pain
Chakra connection	Balancing – open & connect major and minor energy centers	Re-establish normal pattern of energy flow supporting flexibility & mobility
Magnetic clearing	Clearing – full body cleanse energy fields of congested energy and toxins	Clear energy fields of debris – supporting relaxation, comfort & mobility
Mind clearing	Clears and focuses the mind – rest energy flow in head	Relaxation supports interruption of negative thought patterns with the emergence of more positive emotions

Table 1. Healing touch techniques (2013).

PHASE 1 PHASE 2 FOLLOW-UP

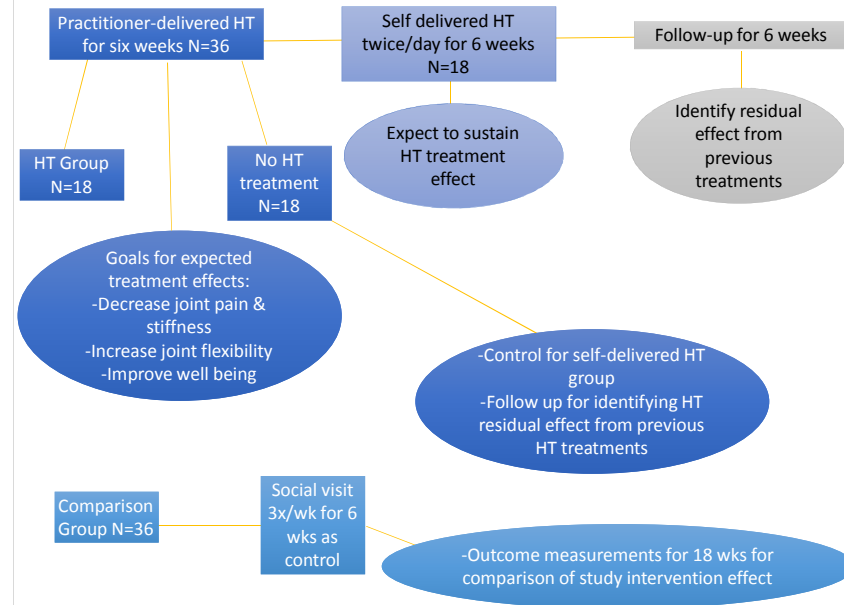


Figure 1. Study Framework

MEASUREMENT TOOLS

- Goniometer
- Short Form 12v2
- The Iowa Pain Thermometer
- Brief Pain Interview Short Form
- The Western Ontario & McMaster Universities Osteoarthritis Index

IMPLICATIONS FOR NURSING PRACTICE

The results will be used to expand the literature on biofield intervention specifically, HT, and provide a basis for further research on HT in nursing practice.

REFERENCES

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