Perceived benefits of the application of Reiki therapy in oncohaematologic patients [Spanish].

Maza Muela B; Chao Lozano C; Sanchez Vicario F

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Adolescence; Adult; Aged; Aged, 80 and Over; Cancer Care Facilities; Cancer Patients; Cross Sectional Studies; Data Analysis Software; Descriptive Research; Descriptive Statistics; Female; Human; Inpatients; Length of Stay; Male; Middle Age; Prospective Studies; Questionnaires; Spain; Treatment Outcomes

Objectives: to ascertain the degree of acceptance, the perception of health benefits and the level of satisfaction in cancer patients who have undergone Reiki therapy. Material and methods: cross-sectional descriptive study, performed in the Bone Marrow Transplant and Haematology Unit of the Ramon y Cajal Hospital (Madrid) over the course of nine months (2008-2009), by means of a self-elaborated, self-administered questionnaire comprised of 38 questions regarding: sociodemographic variables, familiarity with complementary therapies and Reiki therapy. Results: all patients (n = 119) were offered the possibility of participating, with a 42% response rate (n = 50). 63.3% believed in the efficacy of complementary therapies. The most frequently experienced sensations were: feeling hot (65.8%), muscle relaxation (61.5%), sleepiness (31.6%), decreased anxiety (30%) and improved mood (30%), and also improved sleep (48.3%) and decreased pain (46.2%). 70.8% (n = 34) thought it was a very good idea to offer Reiki in the hospital, with 97.9% (n = 46) also believing it should be extended to other services/hospitals. Conclusions: cancer patients show a high degree of acceptance and satisfaction with Reiki therapy. The sensations experienced were: feeling hot, muscle relaxation, sleepiness, decreased anxiety and improved mood; as well as effects on symptoms related with the reason for admission into hospital (pain, anxiety and/or muscle tension and sleep pattern disturbances).