

# Center for Reiki Research Study Summary

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## Reiki's Effect on Patient With Total Knee Arthroplasty: A pilot study

### Reference

Notte, Barbara Byrne, BSN, RN, HN-BC; Fazzini, Carol, RN, C; and Mooney, Ruth A., PhD, MN, RN-BC (2016). Reiki's Effect on Patient With Total Knee Arthroplasty: A pilot study. *Nursing*, 46 (2), 17-23.

### Purpose of Study

The purpose of this pilot study was to determine the impact of Reiki therapy on the pain perception of patients undergoing total knee arthroplasty (TKA) following Reiki sessions, satisfaction with Reiki therapy, satisfaction with the hospital experience overall, and pain medication use following surgery.

### Objective/goals/hypotheses

The goals of the study were to investigate whether Reiki treatments reduce pain in TKA patients and whether Reiki would reduce the use of pain medication. Additional goals were to assess patients' satisfaction with the Reiki and hospital experience.

### Methods

Participants were 43 patients undergoing TKA, who were randomized into either a Reiki (N = 23) or a non-Reiki (N = 20) group. The Reiki group received one 20 min session before surgery, one 30 min session after surgery, and 20 min sessions each of 3 postoperative days. The non-Reiki group received care as usual. Pain was assessed before and after Reiki therapy and during normal check-ins in the control group using the numeric rating scale in the preoperative area, post-anesthesia care unit (PACU), and on each of 3 postoperative days. A questionnaire was also distributed the day of discharge to measure satisfaction with Reiki and the hospital experience.

### Results

Reiki therapy sessions significantly reduced pain, except during sessions in the PACU immediately following surgery. No statistically significant differences were found in pain medication use. Participants receiving Reiki were satisfied with Reiki and the hospital experience.

### Strengths

This study provides support that Reiki reduces TKA post-operative pain in a hospital setting.

### Weaknesses

The same sample size was small, the study was not blinded, nor did it include a sham Reiki control group.

### Additional comments

As a result of positive feedback and decreased pain ratings following Reiki sessions from this research project, a Reiki program was established at the hospital.

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