

Introduction for “Reiki at University Medical Center, Tucson, Arizona, a Magnet Hospital”

Mega R. Mease Is Interviewed by William Lee Rand

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There is a sustained interest in the use of Reiki among US consumers and health care providers and lay practitioners alike. As a result, hospitals and other health care institutions are incorporating Reiki into patient care services toward the promotion of caring-healing environments. Variations in hospital-based program structures with Reiki are possible and can enhance the use of Reiki into traditional care settings. **KEYWORDS:** *health care settings, Reiki, Reiki in hospitals, Reiki programs* *Holist Nurs Pract* 2011;25(5):231–232

Reiki is an energy-based touch therapy that involves the use of hands and the sharing of life energy as a method of stress reduction and mind-body-spirit healing.^{1,2} The National Health Interview Survey compiled by Barnes et al³ indicated that 1.2 million adults and 161 000 children in the United States alone received one or more energy healing sessions such as Reiki. The awareness, use, and movement toward the integration of Reiki into medical settings is now moving from the former marginal fringes into the mainstream of care.*⁴

In response to the evolving journey with Reiki use and growing US consumer demands, there is sustained interest among nurses, doctors, and other health care professionals to use and integrate the practice of Reiki into traditional health care settings, such as hospitals. According to Baldwin et al,⁵ Rand,¹ and others, Reiki is gaining a wider acceptance for integration into traditional care settings because of a growing number of clinical observations of a synergy expressed by both the recipients and practitioners of Reiki that the use

and practice of this modality has relaxation effects and stress management benefits, lessens pain and promotes inner healing. There now exists data trends about Reiki's effectiveness with pain and anxiety (stress) from more robust research studies conducted over the last several years.*⁴ According to Adkins (as cited by the Center for Reiki Research⁴), health care environments are places of human caring and must become authentic, holistic places of healing; the practice of Reiki can assist in the creation of this transformative process.

Toward this end, today's hospitals are incorporating Reiki into their rosters of patient services, often with their own physicians, nurses, and support staff, and also including the use of volunteer staff trained in Reiki. The following article was reprinted with permission (originally printed in the *Reiki News Magazine*, Winter 2010) and is Mr William Rand's[†]

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*The purpose of the Center for Reiki Research, a free Web-based site, is to promote the scientific awareness of Reiki by providing a current list of evidence-based research published in peer reviewed journals along with summaries of each of these studies. The Web site also offers guidance and direction from doctorate-prepared researchers for those who want to produce future studies. The Center for Reiki Research now includes a section titled Reiki in Hospitals, a list of 70 hospitals, medical clinics, and hospice programs where Reiki is offered as a standard part of care. A detailed description of each program including organization, number of practitioners, and contact person(s) is provided. The Center for Reiki Research Web address is <http://www.centerforreikiresearch.org>.

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interview with Mega Mease, a dynamic Reiki practitioner who heads The Center for Advanced Energy Therapeutics Reiki Volunteer Program at University Medical Center, Tucson, Arizona. Both Mr Rand and I trust that *Holistic Nursing Practice* readers interested in developing a Reiki program at their own institution will be inspired by Mease's creative and sustained work. Reiki program development ideas, including possible program structures, detail to quality standards, a "how to" integration of Reiki in a hospital environment, and realistic answers to potential challenges are thoughtfully explored.

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