

A graphic illustration featuring two hands, one on the left and one on the right, positioned as if holding or supporting a central heart. A red ECG (heart rate) line is drawn across the heart, with the heart shape itself formed by the line. The background is black, and the hands are rendered in a semi-transparent, light brown color.

Reiki in Health Care



BALANCE IS QI

What is Reiki?

Non-invasive energy therapy with Japanese origins

Soothing comfort of the human touch

Complementary therapy

For balancing – removing fear, stress and anxiety allowing the natural bodies immune system to work more efficiently

Benefits and use of Reiki Treatment

- Benefits of human touch
- Safe and pain-free
- Assist with pain management, fatigue, anxiety, pre-operation stress reduction, post-operation recovery and side effects from treatments and medicine
- Allow traditional western medicine to work optimally by restoring the body to homeostasis – helping patient become calmer and more accepting of traditional medical treatments required.
- Promote relaxation during childbirth
- Alleviate anxiety for palliative patients and carers
- Emotional support, loss and grief management
- Dr Oz has a Reiki Therapist in his operation room

Results recorded by Patients

Reduction in
chemotherapy side
effects

Reduction in
neuropathy, back pain,
anxiety, fear and faster
recovery from
anesthesia

Overall sense of
comfort, well being
and relaxation

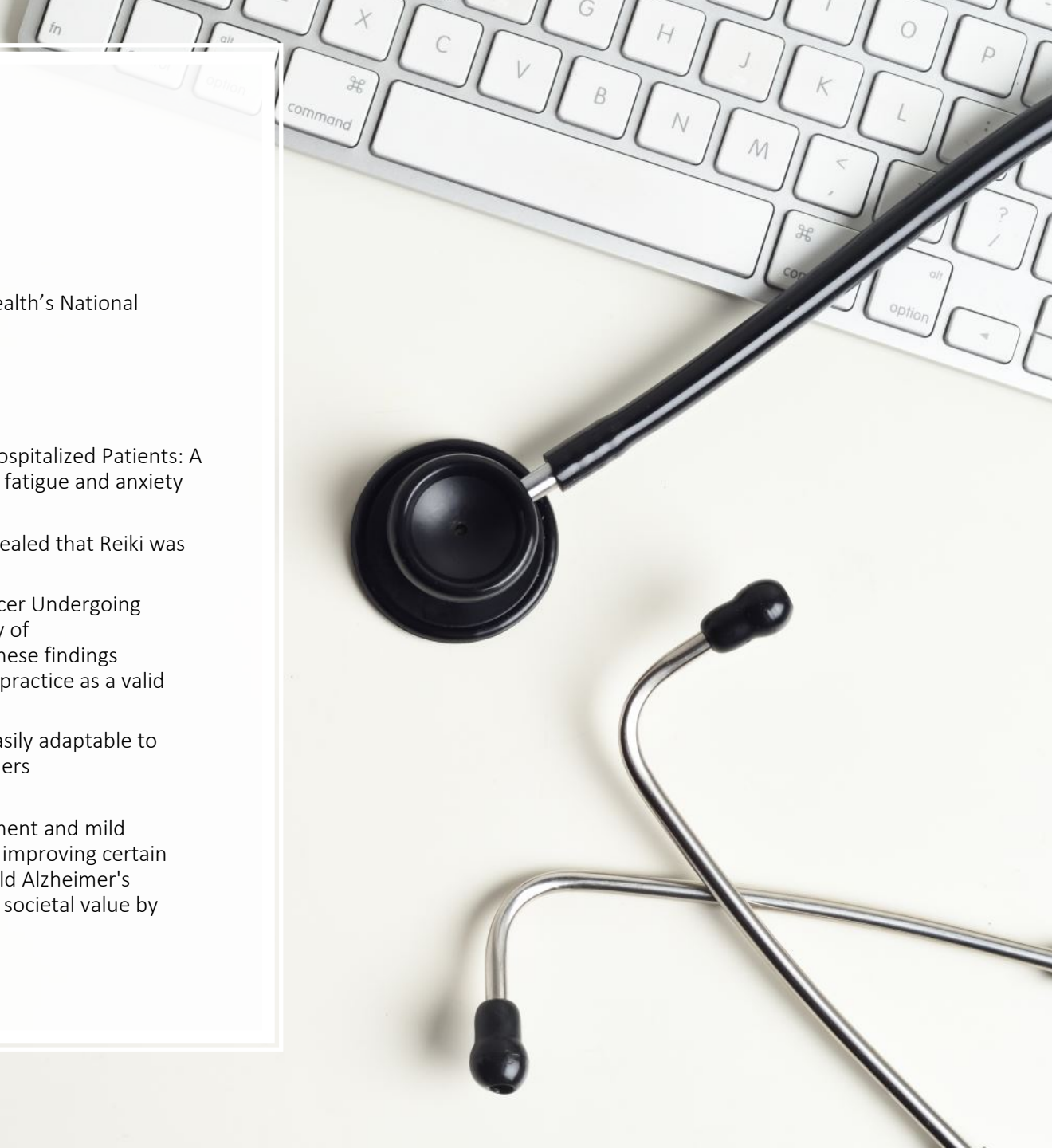
Reiki benefits for Nurses

- Tools for stress reduction and management for self care
- Help with fatigue, burnout, sleeplessness, workplace anxiety and pain related to physical demands
- Currently used in hospitals in the US, Canada, UK, Belgium, South Africa, Egypt, Argentina over 1000 hospitals are offering Reiki as part of their hospital services and currently 76 registered hospitals offer a Reiki as part of their medical programs.
- Increase in energy and sense of well being
- Value add offered to patients
- Energy therapies recognised in the American Nursing Intervention Classification Code
- Endorsed in the US by American Holistic Nurses Association



Reiki Research Findings

- There are over 31 thousand Reiki research cases stated in the US National Institutes of Health's National Library of Medicine – PubMed Central
- Two thousand just in the last year
- Some findings:
 - Immediate Symptom Relief After a First Session of Massage Therapy or Reiki in Hospitalized Patients: A 5-Year Clinical Experience from a Rural Academic Medical Center - reiki improved fatigue and anxiety more than massage therapy in a heterogeneous hospitalized patient population
 - The effect of reiki on pain: A meta-analysis - Consequently, this meta-analysis revealed that Reiki was an effective approach in relieving the pain
 - The Power of Reiki: Feasibility and Efficacy of Reducing Pain in Children With Cancer Undergoing Hematopoietic Stem Cell Transplantation - This study demonstrates the feasibility of using Reiki therapy in pediatric cancer patients undergoing HSCT. Furthermore, these findings evidence that trained pediatric oncology nurses can insert Reiki into their clinical practice as a valid instrument for diminishing suffering from cancer in childhood.
 - Reiki: a supportive therapy in nursing practice and self-care for nurses - Reiki is easily adaptable to nursing practice in a variety of settings and can provide support for the practitioners of Reiki themselves, as well as benefiting those they treat with Reiki.
 - Using Reiki to decrease memory and behavior problems in mild cognitive impairment and mild Alzheimer's disease - The results indicate that Reiki treatments show promise for improving certain behavior and memory problems in patients with mild cognitive impairment or mild Alzheimer's disease. Caregivers can administer Reiki at little or no cost, resulting in significant societal value by potentially reducing the needs for medication and hospitalization.



How do I learn Reiki?

REIKI TRAINING CONDUCTED BY A REIKI MASTER TEACHER

MEMBER OF AUSTRALIAN REIKI CONNECTION

REIKI TRAINING HAS THREE LEVELS

RECOMMENDED LEVEL 1 AND/OR LEVEL 2



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www.balanceisqi.com