

A PHASE II STUDY TO IDENTIFY THE EFFECT OF REIKI IN THE MANAGEMENT OF PAIN

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The purpose of this study was to explore the usefulness of Reiki as an adjuvant to opioid therapy in the management of cancer pain.

Since no studies in this area could be found, the authors conducted a Phase II trial with 20 volunteers experiencing pain at 50 sites for a variety of reasons, including cancer. All Reiki treatments were provided by a certified second degree Reiki therapist. Pain was measured using both a VAS and a Likert scale and measures of pain were obtained immediately before and after the Reiki treatment. Seventeen participants experienced a reduction in their pain scores following their Reiki treatment. T-tests were used to compare before and after scores on the VAS and Likert scales for all 50 sites and both tests showed a highly significant reduction ($p < .0001$) in pain following the Reiki treatment.

These results will be used to design a second Phase II trial in which cancer patients experiencing moderate pain will be randomly assigned to receive analgesic therapy only or analgesic therapy plus regular Reiki treatments.

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