

A PHASE II TRIAL OF REIKI FOR THE MANGEMENT OF PAIN IN CANCER PATIENTS

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This randomized trial (n=24) compared cancer pain in 2 groups of patients (those receiving standard opioid management and those receiving standard opioid management plus Reiki, a complementary touch therapy).

Participants in the opioid plus Reiki arm received two Reiki treatments (Days 1 and 4) 1 hour after their first afternoon analgesic dose. Participants in the opioid only arm rested for 1.5 hr on Days 1 and 4 one hour after their first afternoon analgesic dose. VAS pain ratings, blood pressure, respirations and pulse were checked before and after each treatment/rest period. All patients were followed for 7 days. Patients kept daily diaries in which they recorded all analgesic use and other activities undertaken for the purpose of obtaining pain relief. Quality of life was assessed on Days 1 and 7.

There was no significant difference in pain mechanism, nature of pain, previous narcotic exposure, cognitive function, psychological distress, drug tolerance or alcohol/drug addiction between the experimental and control groups (Edmonton Staging System). VAS pain scores, blood pressure (systolic and diastolic), and pulse were significantly lower for participants in the opioid plus Reiki arm, compared to the opioid only arm on Day 1. On Day 4, pain and systolic blood pressure were significantly lower for participants in the opioid plus Reiki arm, compared to the opioid only arm. The changes in analgesic use (MEDD) and respirations were not significant in either group. The Quality of Life data are still being analyzed.

Group means	Day 1 -before	Day 1 - after	Day 4-before	Day 1-after
Pain - control	4.5	4.5	3.9	3.8
Pain - exp.	4.5	3.0*	4.2	2.1*
Pulse - control	81	80	78	77
Pulse - exp.	78	71*	78	76
BPs - control	109	108	113	112*
BPs - exp.	121	117*	119	116
BPd - control	64	65	65	65
BPd - exp.	72	68*	71	67
Resp - control	18	18	18	17
Resp - exp.	17	17	17	16