



# sentara nurse

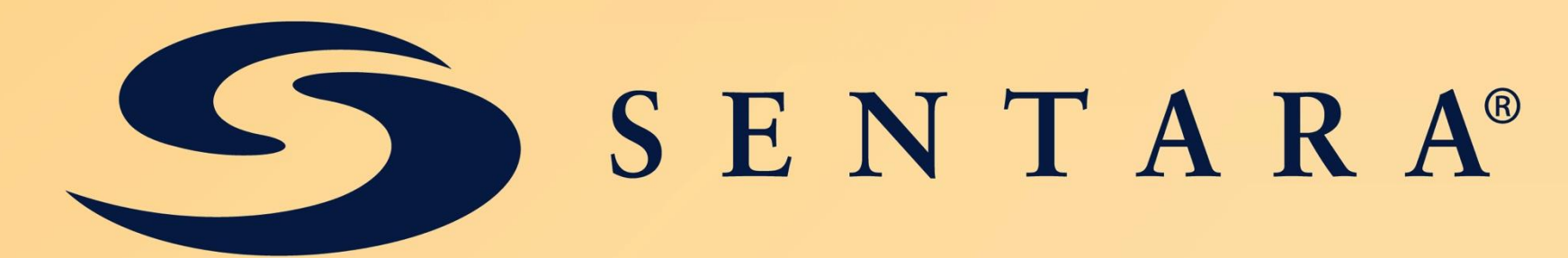
## Caring for the Community through Healing Touch

### Sentara Princess Anne Hospital

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### Background

When Sentara Princess Anne Hospital (SPAH) opened in 2011, the need for consistent pain management outside of conventional modalities was identified for inpatient units. After a literature search, Healing Touch (HT) was identified as the most effective complementary therapy. In 2012, a SPAH nurse clinician met Lynne Whitlock, Director of Patient Care Services, who had implemented HT at Sentara Obici Hospital in 2007. As a result, three SPAH nurses who had taken HT classes provided an informational presentation to administrators, which resulted in approval for HT at SPAH. Staff demonstration days and informational meetings were provided starting in 2013 to introduce HT at SPAH.

Grants from the SPAH Auxiliary were used to purchase supplies and provide tuition for eight employees to attend HT classes. Patient sessions began April 2014, with 427 referrals received during the year. A brochure was developed and flyers were posted advertising how to contact the team for a consult. In 2015, plans include recruiting more HT volunteers and supporting team members in the HT certification process. Monthly meetings keep the HT team energized.

### What is Healing Touch?

Healing Touch (HT) is a relaxing, nurturing energy therapy. Gentle touch assists in balancing physical, emotional, mental and spiritual well-being. Healing Touch works with people's energy field to support their natural ability to heal. It is safe for all ages and works in harmony with standard medical care. Anyone can benefit from Healing Touch. Healing Touch Program is accredited by the American Nurses Credentialing Center. It is the first energy medicine to achieve this status, and is recognized by SPAH's nursing theorist, Jean Watson.

**Benefits include** decreased pain, reduced anxiety, enhanced sleep, strengthened immune system, reduced depression, enhanced recovery from surgery, diminished side effects of chemotherapy, increased sense of well-being, eases of acute and chronic conditions, etc.

### Goals

- Introduce and educate medical and nursing staff on Healing Touch and its benefits
- Offer HT to patients, family members and staff
- Integrate HT in the provision of patient care
- Provide a sustainable program with opportunity to expand into other clinical environments
- Increase the number of HT providers



### Problem Statement

The nursing staff at SPAH struggled to meet the inpatient needs of pain management outside of conventional modalities.

### Method

Since April, 2014, Healing Touch providers have rounded in the hospital twice a week. A rolling storage cart holding a CD player, music, and HT forms and literature is taken to a patient's room. Healing Touch is explained to the patient, who is asked to sign a consent form. While soothing music plays, a 30 minute session is provided. The session is documented on HT forms and in the patient's chart.



### Results

In the first year of Healing Touch implementation, there were 427 requests for HT from patients, family members and staff.

Staff have become accustomed to seeing the "ladies in lavender" with the HT cart rounding in the hospital, and actively seek out HT providers.

In addition, former patients and their family members have returned to SPAH to provide testimonials of the impact HT had during recent hospitalizations. Community members have joined the team as a result of hearing about the program.

### Testimonials from patients:

- "I have not had pain since you worked on me."
- "I slept all night for the first time."
- "I feel so relaxed."
- "After having chemotherapy, my nausea is gone."
- "I finally feel warm."

#### *Healing Touch Providers*

**SPAH Employees:** Sonya Wilson RN, Team lead; Mary Pena RN; Laura Russell RN, HTP-A; Kim Smith RN; Judy Ridgeway RN; Frances Coppin RN; Tara Vann RN; Chaplain Audrey Pryor Mouizi; and Francie Golden, Director of Missions  
**SPAH Volunteers:** Dr. Clara W. Boyle RN, HTCP; Teresa Brooks; Diane Shaver RN, HTP-A; Shirley Ward, HTP-A; and Sue Cunningham

### Conclusion

As more Sentara facilities become familiar with the benefits of Healing Touch, the anticipation is that there will be more facilities requesting information on how to initiate and implement HT within their own hospitals.

### Reference

Lorenz, L. and Healing Touch Program (2013). Healing Touch Integrative Care Program: *Integrating Healing Touch in the Clinical Setting*. 2<sup>nd</sup> edition, 2014.

### Acknowledgements

**Program Advisors:** Lynne Whitlock, HTCP, Dr. Dottie Graham, HTCP; Marilyn Stulb, HTCP; Debbie Woodell, HTCP; SPAH Auxiliary, Dr. Joanne Williams-Reed, Manager, SPAH Nursing Education Dept.