



Tranquility and the Lions Burn Center

The Use of Healing Touch and the C.A.R.E. Channel in the Burn Population

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Lions Burn Unit



BACKGROUND

Research has shown that the use of evidence-based integrative therapies has been clinically effective in alleviating certain symptoms.

- National Institutes of Health report – Integrative approaches to health & wellness have grown within care settings across the U.S.
- Foley, et. al. study showed – Healing Touch (HT) is an appropriate therapy, decreases anxiety & pain in the post-operative environment & may contribute to decreased use of narcotics.
- UMC collected data over 12 months demonstrating a marked reduction in oncology patients’ experience of pain, anxiety, nausea, tension, and stress through the use of Healing Touch(see graph below).
- Allred, K.D., et. al., Mofredj, A. et. al., Heiderscheid, A., and Pinkerton, J., as well as numerous other researchers, have consistently demonstrated a decidedly therapeutic benefit that music produces in mitigating adverse symptoms experienced in a wide variety of patient populations.

Because of the nature and severity of burn injuries, as well as the limited amount of research examining the use of integrative modalities along with prescribed pain, anxiety, and stress relieving medications for burned patients, it was determined that the possibility of successfully mitigating these symptoms, specifically through the use of Healing Touch and the C.A.R.E. Channel, deserves further investigation.



PREVIOUS RESULTS

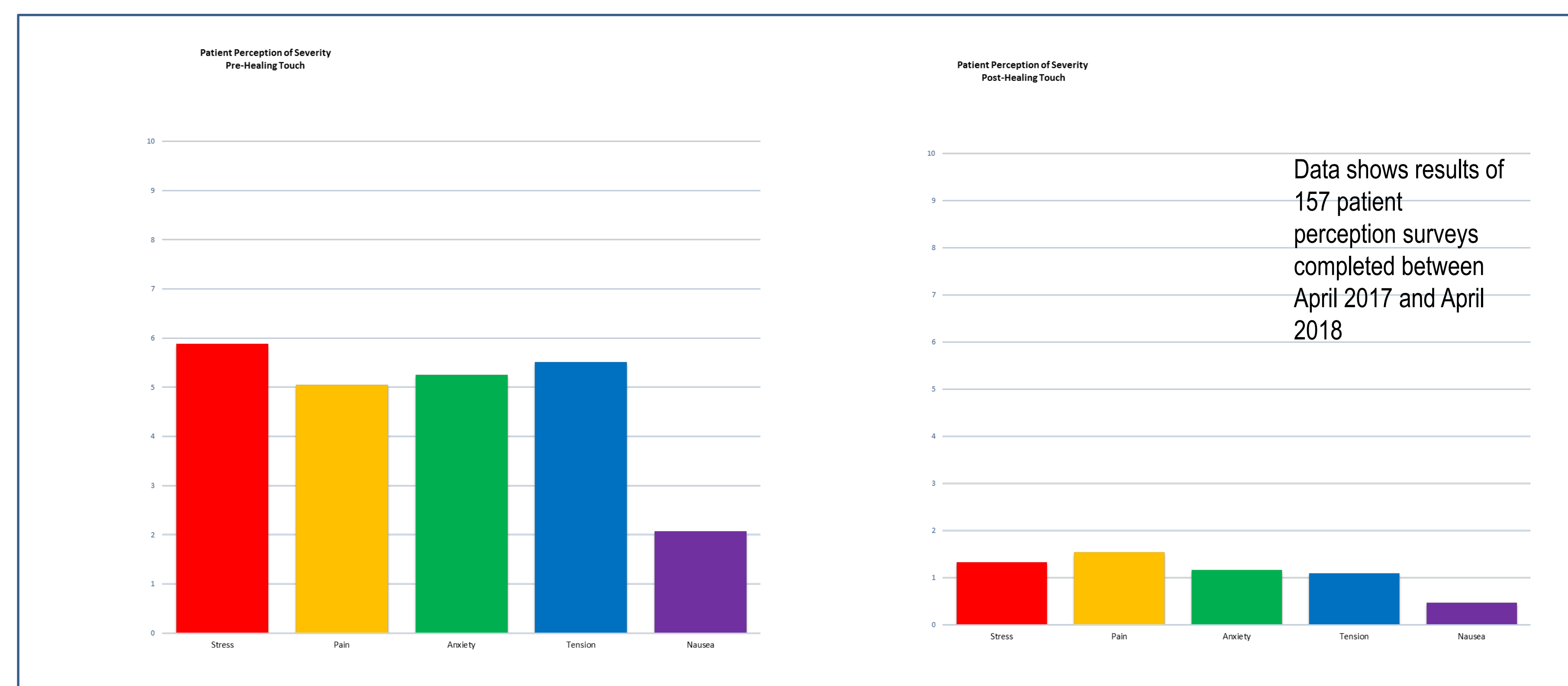
- Burns are some of the most devastating traumatic injuries sustained.
- The mitigation and control of pain are among some of the most difficult challenges in caring for burn patients.
- Anxiety, depression, fear, nutritional demands, and uncertainty of life and its quality, create significant obstacles to healing and overall well-being.
- Relaxation and stress reduction are significant components in recovery and healing from burn injuries.
- Anecdotally, burn patients have reported significant reduction in their perception of adverse symptoms with simultaneous use of Healing Touch and the C.A.R.E. Channel.
- Tranquility nurses reported numerous occasions where burn patients experienced relief from their symptoms to the point that they were able to fall asleep during and/or after a Healing Touch/C.A.R.E. Channel session.
- Repeated requests for Healing Touch/C.A.R.E. Channel sessions have been made from burn patients.
- The C.A.R.E. Channel is widely used to create a healing environment on the Lions Burn Unit.
- Instances of less pain medication usage have been reported after a Healing Touch/C.A.R.E. Channel session.

CONCLUSIONS

- Research using Healing Touch refutes the, “placebo effect.”
- Music and imagery (i.e., C.A.R.E. Channel) have been shown to help relieve stress and reduce the use of analgesics.
- Numerous burn patients have already benefitted from Healing Touch and the C.A.R.E. Channel.
- Currently, UMC’s IRB has approved research using Healing Touch and the C.A.R.E. Channel that could prove to be an effective combination of integrative modalities for the mitigation of adverse symptoms in the burn patient population.
- If effective, these modalities could be integrated as a standard adjunct to the care of burn patients.
- Adding integrative modalities to patient care could have wide-spread implications.

PURPOSE

In a hospital setting, integrative therapies play a critical role in mitigating certain adverse symptoms in patient populations. To determine if integrative therapies are effective in the burn patient population, Healing Touch and the C.A.R.E. Channel will be used specifically to determine what effects the application of these modalities will have on pain, anxiety, depression, stress, length of stay, and the use of any medications prescribed for, and because of, burn injuries.



References available upon request

