

Center for Reiki Research Study Summary

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Effects of Reiki on pain and vital signs when applied to the incision area of the body after Cesarean section surgery

Reference

Midilli, TS and Gunduzoglu, NC (2016). Effects of Reiki on pain and vital signs when applied to the incision area of the body after Cesarean section surgery. *Holistic Nursing Practice*, 30 (6), 368-378.

Purpose of Study

To determine the effects of Reiki on pain and vital signs when applied for 15 minute to the incision area of the body after cesarean section surgery.

Objective/goals/hypotheses

The objective and hypotheses are that pain will be relieved and less analgesics will be needed.

Methods

The study was single blinded and there were three groups: (i) one receiving actual Reiki, (ii) one receiving Sham Reiki with the same protocol performed as by an experienced Reiki practitioner in the first group, but with no Reiki, and (iii) one control group without the hands on protocol.

Results

The Reiki group had significantly less pain and less need for analgesics than the Sham Reiki and Control Groups. There was no difference in vital signs.

Strengths

The scientific method in this study was particularly meticulous and strong, with clear descriptions of inclusion criteria and application methods, single blinding of the participants, and strong statistical analysis. Additionally both a Control and a Sham Reiki group were utilized.

Weaknesses

This was a small study with only 15 patients in each arm of the study. There was no explanation about the specific level of Reiki training by personnel treating patients. The Reiki study group started out with lower measurement of pain as compared to the sham Reiki and control groups and this might have had significant influence on the comparative outcome results of the study.

Additional Comments

This study is important and moves the literature forward since it is a scientifically strong study with methodological excellence, being a single-blinded, randomized, double controlled study. The results are consistent with other studies suggesting that Reiki reduces pain, and contributes relevant empirical data on reduced analgesic usage. Results are particularly relevant for the fields of Reiki in post-partum care, nursing, and in-patient hospital settings. Given the safety of Reiki and the recent CDC and FDA warnings on Tylenol, NSAIDS and Opioids an inexpensive method with no known side effects that has statistically meaningful results in a strong methodological study deserves further large scale studies.

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