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# **Reiki application reduced the intensity of pain, the value of anxiety, and the breathing rate, as well as the need for and number of analgesics.** <sup>[1]</sup> - GreenMedInfo Summary

## **Abstract Title:**

Effects of Reiki on Post-cesarean Delivery Pain, Anxiety, and Hemodynamic Parameters: A Randomized, Controlled Clinical Trial.

## **Abstract Source:**

## **Abstract Author(s):**

Tulay Sagkal Midilli, Ismet Eser

## **Article Affiliation:**

Tulay Sagkal Midilli

## **Abstract:**

The aim of this study was to investigate the effect of Reiki on pain, anxiety, and hemodynamic parameters on postoperative days 1 and 2 in patients who had undergone cesarean delivery. The design of this study was a randomized, controlled clinical trial. The study took place between February and July 2011 in the Obstetrical Unit at Odemis Public Hospital in Izmir, Turkey. Ninety patients equalized by age and number of births were randomly assigned to either a Reiki group or a control group (a rest without treatment). Treatment applied to both groups in the first 24 and 48 hours after delivery for a total of 30 minutes to 10 identified regions of the body for 3 minutes each. Reiki was applied for 2 days once a day (in the first 24 and 48 hours) within 4-8 hours of the administration of standard analgesic, which was administered intravenously by a nurse. A visual analog scale and the State Anxiety Inventory were used to measure pain and anxiety. Hemodynamic parameters, including blood pressure (systolic and diastolic), pulse and breathing rates, and analgesic requirements also were recorded. Statistically significant differences in pain intensity ( $p = .000$ ), anxiety value ( $p = .000$ ), and breathing rate ( $p = .000$ ) measured over time were found between the two groups. There was a statistically significant difference between the two groups in the time ( $p = .000$ ) and number ( $p = .000$ ) of analgesics needed after Reiki application and a rest without treatment. Results showed that Reiki application reduced the intensity of pain, the value of anxiety, and the breathing rate, as well as the need for and number of analgesics. However, it did not affect blood pressure or pulse rate. Reiki application as a nursing intervention is recommended as a pain and anxiety-relieving method in women after cesarean delivery.

**Article Published Date :** May 31, 2015

**Study Type :** Human Study

**Additional Links**

**Diseases :** [Post-Cesarean Pain](#) : CK(30) : AC(3) <sup>[2]</sup>

**Therapeutic Actions :** [Reiki Therapy](#) : CK(186) : AC(22) <sup>[3]</sup>

**Pharmacological Actions :** Antinoceptive : CK(647) : AC(197) [4]

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