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[Research Studies](#)

### Reiki in Hospitals

[Hospital List](#)

[Articles](#)

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## Center for Reiki Research Data Sample

This is a sample of information from the Center for Reiki Research web site. It includes one research study summary and descriptions of three Reiki in hospitals programs. To see all 20 research study summaries and all 64 hospital reports, please go to [www.centerforreikiresearch.org](http://www.centerforreikiresearch.org).

### Reiki Research Study Summary

## Autonomic nervous system changes during Reiki treatment: A preliminary study

#### Reference

McKay, N, Hansen, S and McFarlane, MA. Autonomic nervous system changes during Reiki treatment: A preliminary study. Journal of Alternative and Complementary Medicine, 10(6): 1077-81, 2004.

#### Purpose of Study

To further investigate findings by other researchers that Reiki therapy has an effect on indices of autonomic nervous system function.

#### Objective/goals/hypotheses

The hypothesis was that there are differences in the responses of one or more parameters of the autonomic nervous system (ANS) to Reiki treatment compared with placebo treatment, against the null hypothesis that there would be no difference in any parameter.

#### Methods

Forty-five test subjects were randomly assigned to one of three groups, 15 per group, in a blind trial. Each group had a 15-minute rest period to establish baseline measurements followed by a 30-minute treatment period of either Reiki treatment, placebo (sham Reiki) treatment, or a resting period; each group was then given another 10-minute rest period. Each subject was monitored for heart rate (HR); systolic, diastolic, and mean blood pressure (BP); cardiac vagal tone (CVT); cardiac sensitivity to baroreflex (CSB); and respiration, using the trademarked NeuroScope system and a stretch-sensitive resistance plethysmograph (specifically for measuring amplitude of breathing movement).

All measurements and collected data were analyzed for statistical significance in comparison to baseline measurements with a chosen p-value significance level of <0.05. Due to large patient variability, a two-way ANOVA analysis was employed using change in each parameter as the response, and data set (group) and patient as the factors.

#### Results

In both Reiki and placebo groups, the HR and respiration rate decreased compared to baseline, while CVT and CSB increased after treatment, indicating increased parasympathetic activity. The control group showed no change in any parameter. The decrease in HR was significantly greater in the Reiki group compared to both placebo and control groups. Both diastolic BP and mean BP showed significant reduction in the Reiki group while there were no changes in either the placebo or control groups compared to baseline.

#### Strengths

This was a blind random study that included a Reiki treatment group, a placebo (sham Reiki) group and a control group; each of the three groups had a mix of

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Review and Summarization  
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Summarization Team

[Shabnam Hashemi](#), RN  
Summarization and Article  
Retrieval Teams

[Debbie Morris](#)

8 females and 7 males, a roughly even sex distribution with an age range of 23-59 years; multiple autonomic nervous system indices were monitored over the course of the study.

**Weaknesses**

The sample size was small and race/ethnicity was not specified, so it is not clear that the results are generalizable; quality of measurements was questionable, special mention was made of calibration difficulties with the oscillometric method of blood pressure monitoring.

**Additional comments**

This was a pilot study; the results add justification and support for larger Reiki studies.

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## Reiki In Hospitals Program Descriptions

<b>Name and Address</b>	New York-Presbyterian Hospital/Columbia University Medical Center Campus 177 Fort Washington Ave., New York, NY 10032	
<b>Program Type</b>	 Part of a Hospital Organized Program	<b>Source Person</b>
<b>Date of Last Update</b>	2/8/2008 3:22:08 PM	
<b>Date Program Started</b>	1/1995	
<b>Treatments Given By Hospital Staff</b>	Yes	
<b>Number Staff Practitioners</b>	1	
<b>Treatments Given by Lay Practitioners</b>	Yes	
<b>Number Lay Practitioners</b>	2	
<b>Program Fee</b>	0.00	
<b>Program Description</b>	<p>The Department of Surgery at Columbia University houses the Columbia Integrative Medicine Program (CIMP). This program provides integrative services, such as mind-body techniques, somatic therapies, Reiki, and more, to patients who have been admitted to Columbia University Medical Center for cardiothoracic surgery. The Goals of CIMP are as follows:</p> <ul style="list-style-type: none"> <li>• To research the effectiveness of integrative therapies in the treatment of cardiovascular disease,</li> <li>• To expand the availability of integrative therapies to patients, families, and hospital personnel of the Cardiothoracic Surgery Division,</li> <li>• To enrich the hospital environment and enhance the recovery process for patients and their family members,</li> <li>• To educate healthcare professionals via fellowships, internships, lectures, and other educational programs,</li> <li>• To incorporate the philosophy and practices of Integrative Medicine into the hospital system.</li> </ul> <p>The Integrative practitioners at (CIMP) are trained in various modalities, including Reiki. All Reiki practitioners are trained to at least a level of Reiki II. Practitioners also need to be familiar with the hospital routine and must undergo the hospital volunteer accreditation process. Patients find out that Reiki is available to them through brochures in the admitting area and via the CIMP website.</p>	

Reiki treatments do not have to be physician approved. Patients can simply request Reiki and an appointment will be scheduled for them. Practitioners come to the patient's room and treatments are given in their bed. The Reiki Practitioner always consults with the nurse prior to starting therapy. Reiki is free of charge.

A spokesperson for CIMP states "I find the practice of Reiki very rewarding, as a practitioner. Patients' have reported deep relaxation and a sense of profound healing, after one session. I feel that Reiki is a huge asset for any hospital setting, because patients sense that they are in a truly caring environment.

**Hospital, Clinic, or Hospice** Hospital  
**Hospital Phone** 212-342-0002  
**Hospital Web Site** [www.columbiaintegrativemedicine.org](http://www.columbiaintegrativemedicine.org)  
**Hospital Email**  
**Program Name** Columbia Integrative Program  
**Program Administrator** Erin Olivo PH.D.  
**Program Administrator Phone**  
**Program Web Site**  
**Entry Date** 2/8/2008 3:22:08 PM

**Name and Address** Portsmouth Regional Hospital  
 333 Borthwick Ave.  
 Portsmouth, NH 03801

**Program Type**  Part of a Hospital Organized Program      **Source Person** christine niles  
[Send Email](#)

**Date of Last Update** 10/8/2008 8:44:54 AM

**Date Program Started** 9/1997

**Treatments Given By Hospital Staff** Yes

**Number Staff Practitioners** 2

**Treatments Given by Lay Practitioners** Yes

**Number Lay Practitioners** 5

**Program Fee** 0.00

**Program Description** Portsmouth Regional Hospital has one of the most successful and comprehensive "Reiki in Hospital" programs in the country. They have been offering Reiki to their patients since 1997 and have given over 8,000 treatments. Reiki is offered as a regular service to all patients, 7 days a week. Reiki sessions are available to patients in all departments of the hospital, including pre-op. Reiki therapy prior to surgery has been shown to relax their patients prior to entering the operating room, providing for improved outcomes and patient

satisfaction. Patients may sign up for Reiki sessions while registering for hospital admission, by contacting the Reiki Department directly, or through the nursing or clergy departments. Patients do not need a physician referral to receive Reiki treatments; they can request Reiki; independently. Patients are informed that Reiki treatments are available to them during hospital admission registration and during pre-op registration. Also, there is information regarding the availability of Reiki services to patients posted in the inpatient hospital rooms.

Reiki is provided free of charge . . . to all inpatients. Portsmouth Hospital utilizes both staff and Volunteers to provide Reiki sessions. All persons giving Reiki treatments to patients are required to have completed Reiki Level II certification. Volunteers must also complete standard hospital orientation for volunteers, and orientation and training regarding hospital protocols that pertain to providing Reiki sessions. These protocols require a verbal discussion with the patient, prior to treatment, which includes: an explanation Reiki, a description of what the Reiki session will be like, and obtaining verbal permission for treatment, from the patient. Portsmouth Regional Hospital also provides, for the community, Reiki educational sessions and Reiki Healing circles

**Hospital, Clinic, or Hospice** Hospital  
**Hospital Phone** (603)436-5110  
**Hospital Web Site** [www.portsmouthhospital.com](http://www.portsmouthhospital.com)  
**Hospital Email**  
**Program Name** Reiki/Integrative Services  
**Program Administrator** Christine Niles [Send Email](#)  
**Program Administrator Phone** (603)334-2025  
**Program Web Site**  
**Entry Date** 3/5/2007 6:54:29 AM

**Name and Address** Yale New Haven Children's Hospital  
 1 Park Street  
 New Haven, CT 06510  
**Program Type**  Part of a Hospital Organized Program  
**Source Person** Patricia Lawson  
[Send Email](#)  
**Date of Last Update** 11/15/2006 8:02:29 AM  
**Date Program Started** 1/2006  
**Treatments Given By Hospital Staff** Yes  
**Number Staff Practitioners** 25

**Treatments Given by Lay Practitioners** No

**Number Lay Practitioners** 0

**Program Fee** 0.00

**Program Description** New Haven Children's Hospital offers Reiki therapy to chronically and terminally ill children through a program called "Dignity Project". Twenty-five pediatric, interdisciplinary staff members incorporate Reiki into their practice. There is no charge for Reiki therapy and no one is paid to give Reiki treatments; therapy is merely integrated, by Reiki certified staff members, into standard medical care. Minimal training required is Reiki level I.

**Hospital, Clinic, or Hospice** Hospital

**Hospital Phone** (203) 688 4242

**Hospital Web Site** [www.ynhh.org/ynhch/ynhch.html](http://www.ynhh.org/ynhch/ynhch.html)

**Hospital Email**

**Program Name** Dignity Project's Reiki volunteer program for children

**Program Administrator** Patricia Lawson, RN, MSN [Send Email](#)

**Program Administrator Phone** 203-688-3870

**Program Web Site**

**Entry Date** 11/15/2006 8:02:29 AM

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