



# “Effectiveness Of Reiki Therapy On Pain Among Patients Admitted In A Selected Cancer Hospital Of Bhopal”

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## ABSTRACT

**Background:** Cancer is a group of diseases involving abnormal cell growth with the potential to invade or spread to other parts of the body. Pain in cancer may arise from a tumor compressing or infiltrating nearby body parts; from treatments and diagnostic procedures or from the skin, nerve and other changes caused by a hormone imbalance or an immune response. Reiki, a stress reduction and relaxation technique, has become a subject of curiosity for cancer patients everywhere. Reiki therapy has many benefits not only physically, but mentally and emotionally as well. It also helps to relieve the pain as well as provide physical relief. Reiki is a non-invasive technique that causes no side effects or complications. **Objective:** The present study aimed to assess the effectiveness of Reiki Therapy on pain among patients admitted in a selected cancer hospital of Bhopal. **Material and method:** In this study, an experimental one group pre-test, post-test design was carried out to assess the effectiveness of Reiki therapy on pain among cancer patients of Navodaya Cancer Hospital, Bhopal. The Purposive Sampling technique was adopted for data collection and 25 cancer patients was collected in this study. The data were collected by using a Visual analogue Scale. They were assessed for the level of pain. Data was analyzed by using SPSS. **Result:** the finding of the study shows that the majority of the subjects were in the age group of 41-50 years 12 (48%), were male 22 (88%), belonged to the joint family 15 (60%), 13 (52%) were 10000 per month or less, most of the respondents 7 (28%) were in the education of middle and higher secondary, most of the respondents 15 (60%) were in the duration of illness 1 year or less. The moderate pain post-test score of level of pain 14 (56%) is lower than the moderate pain pre-test score level of pain 16 (64%). Finding related to the effectiveness of Reiki therapy on pain among cancer patients was found through paired t test value 15.501 & P value. 000. There was significant difference between pre-test, post-test level of pain. **Conclusion:** Based on the finding, the investigator conducted that Reiki therapy is significantly effective in reducing pain among cancer patients.

**Key Words:** Effectiveness, Reiki therapy, Pain, Cancer

## INTRODUCTION

Cancer is a group of disorders involving abnormal cell growth and it may invade or spread to other areas of the body. Possible signs and symptoms include lumps, abnormal bleeding, continuous cough, unexplained weight loss, and change in bowel movements. Although these symptoms may suggest cancer, they can also have other causes. More than 100 kinds of cancer affect people<sup>1</sup>. Cancer pain may lead from a tumor, which compresses or infiltrates surrounding areas of the body; from medications and diagnostic

procedures; or from skin, nerve and other alterations induced by an imbalance in the hormone or an immune response. Most chronic (long- lasting) pain is caused by the disease and most acute (short-term) pain is caused by treatment or diagnostic procedures. The existence of pain primarily depends on the cancer place and the phase of the disease<sup>2</sup>. Reiki is a Japanese method based on the (scientifically proven) concept that all living things have such universal life energy. The Reiki healing Usui system includes this energy for healing purposes through contact. A Reiki practitioner positions his or her hands on the person and transmits high frequency power to his or her person to correct body imbalances. Reiki operates in harmony with all other healing methods and is now used routinely in hospitals and clinics. A Reiki therapy promotes the entire individual, including body, feelings, mind and spirit<sup>3</sup>.

### **Need for the study**

Reiki, a method of stress reduction and relaxation, has become a curiosity issue for patients with cancer everywhere. Studies and anecdotal evidence have shown that Reiki can also be used to promote healing and provide other advantages in addition to encouraging relaxation among patients. In reality, some researchers have even investigated Reiki's impact on patients undergoing continuous cancer treatment. While Reiki is not a replacement for other cancer treatments, these studies have discovered that it can improve these medicines and give patients a lot of benefits as they cope with cancer symptoms and stresses<sup>4</sup>. Because Reiki is a non-invasive procedure which does not cause side effects or complications, it can be done on patients with cancer at fairly any stage after their diagnosis. Whether the person is freshly diagnosed and is waiting for therapy to start is being actively treated or is in the late phases of cancer and facing bad prognosis, Reiki sessions may be useful. Approximately 90.5 million individuals had cancer in 2015. Approximately 14.1 million fresh instances happen each year (not including, other than melanoma skin cancer). It caused approximately 8.8 million deaths (15.7 % of deaths). Lung cancer, prostate cancer, colorectal cancer, and stomach cancer are the most prevalent 4 kinds of cancer in men. In women, breast cancer, colorectal cancer, pulmonary cancer, and cervical cancer are the most prevalent kinds. Every year, if skin cancer other than melanoma was included in complete fresh instances of cancer, it would account for about 40% of cases. Around 165,000 kids under the age of 15 were diagnosed with cancer in 2012. The risk of cancer rises considerably with age, and in developed countries, many cancers happen most frequently<sup>5</sup>. Krishbaum MN, et al (2016), carried out a performed an exploratory survey of Reiki experiences in cancer-causing females. It is a cross-sectional qualitative research study with a total of 10 females receiving Reiki after cancer treatment was chosen and information gathered using interview method. Results indicate that females experience physical sensations during Reiki such as pain relievers and tingling or physical, mental and cognitive enhancement, and after Reiki such as enhanced sleep, a feeling of calm and peace, reduced depression and enhanced selfconfidence<sup>6</sup>. Many studies have looked at the effectiveness of Reiki therapy in cancer patients. The research studies suggest that Reiki therapy is very effective way to reduce pain among cancer patients. Considering the above facts and investigator felt that Reiki therapy will reduce the pain among cancer patients. So, the researcher has interested to see the effectiveness of Reiki therapy to reduce pain among cancer patients.

### **PROBLEM STATEMENT**

“Effectiveness of Reiki Therapy on pain among patients admitted in a selected cancer hospital of Bhopal”.

## OBJECTIVES

- To assess the pain before providing Reiki Therapy among patient admitted in a selected cancer hospital of Bhopal.
- To provide Reiki Therapy.
- To assess the pain after providing Reiki Therapy among patient admitted in a selected cancer hospital of Bhopal.
- To assess the effectiveness of Reiki Therapy on pain among patient admitted in a selected cancer hospital of Bhopal.

## HYPOTHESIS

H<sup>0</sup>- There will be no significant association between pain and Reiki Therapy. H<sup>1</sup>- There will be a significant association between pain and Reiki Therapy

## METHODOLOGY

**Research approach:** Evaluative approach

**Research design:** Quasi experimental research design

**Setting:** Data collected from navodaya cancer hospital, Bhopal

**Sample and sampling technique:** 25 cancer patients were selected by using purposive sampling technique

**Variables:**

**Independent variable:** In the present study, Reiki therapy was the independent variable

**Dependent variable:** In the present study, the level of pain was the dependent variable in the study

**Description of Tool**

**Section A:** Consist of demographic variables such as age, gender, types of family, total family income per months in rupees, education, and duration of illness.

**Section B:** Consist of standardized Visual Analogue Scale to use assess the level of pain. The Scale rated as no pain, mild pain, moderate pain, severe pain. The no pain response was given 0 scores, mild pain response was given a 1-3 score, the moderate response was given a 4-6 score, and the severe response was given 7-10 score with a total score of 10. **Validity of tool**

The tool comprises of 06 items regarding demographic variables and level of pain, assessing by standardized Visual Analogue Scale. The tool was given to the expert for their suggestion regarding validity. The expert suggested modifying the options for some items. Based on the suggestions modification were done.

**Reliability of tool**

The researcher has used the standardized Visual Analogue Scale to assess the level of pain in the present study. After the validation of the tool, the final tool was made and then the reliability of the tool was obtained through a pilot study conducted on 10 cancer patients and reliability was established by the split-half method. The reliability of the tool is  $r = 0.97$

**Data collection**

The written permission was obtained from the medical director of the Navodaya Cancer Hospital, Bhopal, prior to the data collection. The data collection was done in the month of April. Informed consent, aim, objective and nature of the study were explained to the patients and family members. Confidentiality was assured to all the subjects to get their co-operation throughout the process of data collection. The sample was selected as per the sampling criteria; the sample was experimental groups. A pre-test was done by using the standardized Visual Analogue Scale in cancer patients of the experimental group. On the same Reiki, therapy was administered to individual patients of the experimental group for 30 minutes, once a day for 7 days for 25 patients. Post-test was

administered by using the same standardized Visual Analogue Scale to assess the level of pain on the

8th day for the experimental group. The data collection procedure was terminated by thanking the respondents and their family members for their patience and co-operation. The proposed duration of data collection was 30 days.

### Analysis and interpretation of data

Organization of data in master sheet/computer Frequency and percentage for analysis of the demographic data were planned. The level of pain on cancer patients among the experimental group before administration of Reiki therapy would be analyzed in the term of frequencies, percentage, mean, mean percentage and standard deviation. Table, Cylindrical diagram, Pyramidal diagram, Cone diagram and bar diagram would be used to depict the analyzed data. A significant difference between pre-test and post-test level of pain would be determined by paired t-test.

## RESULTS

**Table.1: frequency and percentage distribution of socio-demographic variables of cancer patients**

SL. No.	Socio-Demographic variables	Categories	Frequency (f)	Percentage (%)
1.	Age (in years)	30 years or less	1	4.0
		31-40 years	9	36.0
		41-50 years	12	48.0
		50 years above	3	12.0
2.	Gender	Male	22	88.0
		Female	3	12.0
3.	Type of family	Nuclear	10	40.0
		Joint	15	60.0
4.	Family income	10,000 per months or less	13	52.0
		10001-20000 per months	10	40.0
		20001-30000 per months	2	8.0
		Above 30000	0	0
5.	Education	Primary	4	16.0
		Middle	7	28.0
		High school	4	16.0
		Higher secondary	7	28.0
		Others	3	12.0
6.	Duration of illness	1 year or less	15	60.0
		2-3 years	10	40.0
		4-5 years	0	0
		Above 5 years	0	0

**Table 2: Distribution of subject pre-test score of pain before administering Reiki therapy**

Pre-test	Frequency (f)	Percent (%)
No pain	0	0
Mild pain	0	0
Moderate pain	16	64.0
Severe pain	9	36.0
<b>Total</b>	<b>25</b>	<b>100.0</b>

**Table 3: Distribution of subject post-test score of pain before administering Reiki therapy**

Post-test	Frequency (f)	Percent (%)
No pain	0	0
Mild pain	7	28.0
Moderate pain	14	56.0
Severe pain	4	16.0
<b>Total</b>	<b>25</b>	<b>100.0</b>

**Table 4: Distribution of the comparison of pain score before and after administering Reiki therapy**

	Pre-test	Post-test
No pain	0	0
Mild pain	0	28.0
Moderate pain	64.0	56.0
Severe pain	36.0	16.0
<b>Total</b>	<b>100.0</b>	<b>100.0</b>

**Table 5: Distribution of the overall Mean percentage, Standard Deviation of pre-test and post-test level of pain among cancer patients**

	Mean	SD	t value	Df	P value
Pre-test	5.9200	1.41185	15.501	24	.000
Post-test	4.7600	1.53514			

From the above, table-5, gives the overall pre-test post-test Mean percentage score of cancer patients on level of pain. The pre-test mean percentage score was 5.92% and SD was 1.41%. The post-test mean percentage was 4.76% and SD was 1.53%. The overall obtained calculated paired, t" test value was 15.5 which is statistically found to be significant at P value 0.005 level.

## DISCUSSION

A report of findings has been never sufficient to convey their significance. The meaning that researchers give to the results a rightful and important role in the report. The present study was conducted to assess the level of pain among cancer patients admitted to Navodaya Cancer Hospital Bhopal. In order to achieve the objective of the study, an experimental one group pre- test post-test design was adopted. The purposive sampling technique was used to select the sample. The research setting was Navodaya Cancer Hospital, Bhopal and the sample size was 25 cancer patients. Visual Analogue Scale was used to collect the data. This chapter presents the major finding of this study and has been discussed with reference to the objective, hypothesis, and with the finding of other related studies. The result shows that about 16 (64%) patients have moderate pain, 9 (36%) patients have severe pain, and 0 (0%) patients have mild pain and no pain. The study result shows that after administering Reiki therapy, the level of pain was reduced among cancer patients. In the pre-test score, the mean level of pain was 5.9200 which were reduced to mean 4.7600 in the post-test score. The .000 P value is significant at  $P < 0.05$

## CONCLUSION

The study was conducted with the objective to evaluate the effectiveness of Reiki therapy on pain among cancer patients and the result of the study imply that there is the effectiveness of Reiki therapy on pain among cancer patients. The following conclusions were drawn on the basis of the findings of the study: pre-test findings show that many of the cancer patients who are admitted in Navodaya Cancer Hospital, Bhopal are having no pain to severe level of pain, reiki therapy is effective in reducing the level of pain among cancer patients admitted in Navodaya Cancer Hospital, Bhopal, there is a significant difference in the pre-test and post-test score of the level of pain.

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