Clinical Research: Evaluation of Healing Touch's Effect on Coronary Artery Bypass Grafting (CABG) Recovery, a Randomized Study

Bridget Klein  
CentraCare Health, kleinb@centracare.com

Kirsten Skillings  
St. Cloud Hospital, CentraCare Health, skillingsk@centracare.com

Roxanne Wilson PhD, RN  
St. Cloud Hospital, CentraCare Health, Roxanne.Wilson@centracare.com

Kathleen Sowada  
St. Cloud Hospital, CentraCare Health, sowadak@centracare.com

Teresa Jahn  
St. Cloud Hospital, CentraCare Health, teresa.jahn@centracare.com

See next page for additional authors

Follow this and additional works at: https://digitalcommons.centracare.com/nursing_posters

Recommended Citation
Klein, Bridget; Skillings, Kirsten; Wilson, Roxanne PhD, RN; Sowada, Kathleen; Jahn, Teresa; and Thoma, Jessica, "Clinical Research: Evaluation of Healing Touch’s Effect on Coronary Artery Bypass Grafting (CABG) Recovery, a Randomized Study" (2018). Nursing Posters. 79.  
https://digitalcommons.centracare.com/nursing_posters/79

This Book is brought to you for free and open access by the Posters and Scholarly Works at DigitalCommons@CentraCare Health. It has been accepted for inclusion in Nursing Posters by an authorized administrator of DigitalCommons@CentraCare Health. For more information, please contact schlepers@centracare.com.
Authors
Bridget Klein; Kirsten Skillings; Roxanne Wilson PhD, RN; Kathleen Sowada; Teresa Jahn; and Jessica Thoma
Clinical Research: Evaluation of Healing Touch’s Effect on Coronary Artery Bypass Grafting (CABG) Recovery, a Randomized Study

Bridget Klein, BSN, RN, RN-BC, HTP; Kirsten Skillings, MA, APRN, CCRN-K, CCNS; Roxanne Wilson, PhD, RN; Kathleen Sowada, MSAOM, MSN, RN, Lac, HN-BC, CHTP; Teresa Jahn, MSN, APRN, CCRN, CCNS; Jessica Thoma, MSN, RN-BC
St. Cloud Hospital, St. Cloud, Minnesota

Introduction
• This study is assessing the efficacy of Healing Touch on patients receiving Coronary Artery Bypass Grafting at St. Cloud Hospital.
• A single previous research study determined Healing Touch, when added to standard nursing care, can significantly reduce anxiety and length of stay in patients undergoing CABG procedures (MacIntyre, 2008).

Research Question
Does the addition of Healing Touch, to the standard treatment of patients undergoing coronary artery bypass grafting, affect cost per case, anxiety level, and the following post-operative factors: delirium and atrial fibrillation occurrences?

Methodology
• Start Date: March 1, 2018 (enrollment is on-going at this time)
• N = ~80
• Participants randomized into a control group (standard care) and a Healing Touch group (standard care plus three Healing touch sessions)
• Healing Touch group receives three Healing Touch sessions at the following times: Within 30 hours before surgery, post-operative day 1, post-operative day 2
• Data Points: cost/case, anxiety, post-operative atrial fibrillation rates, post-operative delirium rates
• Anxiety scores are assessed using the Subjective Units of Distress Scale (SUDS)
• Control group has anxiety scores taken at the following times: Within 30 hours before surgery, post-operative day 1, post-operative day 2. Treatment group has anxiety scores taken before and after each healing touch session.
• Healing Touch is conducted by educated experienced healing touch providers utilizing a standard list of techniques.

Analysis
Statistical analysis will be conducted with assistance from St. Cloud State University.

Acknowledgements
CentraCare Heart & Vascular Center
St. Cloud Hospital Integrative Health
St. Cloud Hospital Volunteers:
Deb Laxson, CHTP; Chuck Kalkman, RN; Nhi Vuong, RN; Bobbi Bell; Karen Burzette

Implications
This study will expand the available research on a nurse driven intervention.

As Wardell, et. al. (2014) stated, "The use of complementary modalities can help nursing mature in its practice mission, expanding its scope of practice, all of which enhances, rather than conflicts, with professional holistic nursing practice."

The results have the potential to enhance the awareness and knowledge of the nurse. It will provide them with another “tool” in their “toolbox” to help meet their patient’s needs, assuring excellent patient care.

References