

# Center for Reiki Research

## Study Summary

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### Effects of Reiki on pain, anxiety, and blood pressure in patients undergoing knee replacement surgery

#### Reference

Baldwin, AL, Vitale, A, Brownell, E, Kryak, E, & Rand, W. (2017). Effects of Reiki on pain, anxiety, and blood pressure in patients undergoing knee replacement surgery. *Holistic Nursing Practice*. 31(2): 80-89.

#### Purpose of Study

This blinded, controlled study focused on the effects of Reiki in patients undergoing knee replacement surgery.

#### Objective/goals/hypotheses

Based on prior evidence based studies about Reiki, the hypothesis was that Reiki would reduce post operative pain, blood pressure, respiratory rate and anxiety.

#### Methods

This was conceived as a 3-group pilot study (15 patients per group), randomized and blinded. The method included a routine standard of care group, a Reiki group, and additionally a sham Reiki group.

#### Results

There was a statistically significant trend of pain reduction in the Reiki group not seen in either the standard of care group or sham Reiki group. Only the Reiki group showed post-operative diminution in blood pressure and respiratory rate. The sham group showed a decrease in anxiety, but less than the group receiving Reiki.

#### Strengths

This was scientifically rigorous IRB approved study with randomized, blinded protocols, that included a sham Reiki control as well as a normal standard of care control.

#### Weaknesses

This was a small single center, single point of entry study. There was an effort to collect salivary IgA that was not feasible.

#### Additional comments

This study is important due to its scientific rigor, and clear descriptions and analysis. The data support the pursuit of a larger scale study.

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