



**Study Summary**  
**[www.centerforreikiresearch.com](http://www.centerforreikiresearch.com)**

Feasibility and acceptability of Reiki therapy for children  
receiving palliative care in the home

**Reference**

Thrane, S. E., Maurer, S. H., & Danford, C. A. (2021). Feasibility and acceptability of Reiki therapy for children receiving palliative care in the home. *Journal of Hospice and Palliative Nursing*, 23(1), 52-58. doi: 10.1097/NJH.0000000000000714. PMID: 33252426; PMCID: PMC7785613.

**Purpose of Study** The purpose of this study is to report on the feasibility and acceptability of the Reiki intervention of hospitalized children with chronic, life limiting conditions receiving palliative care.

**Objective/goals/hypotheses** To determine the feasibility and acceptability of completing a Reiki intervention with hospitalized 1- to 5-year-old children with chronic, life limiting conditions.

**Methods** The design was a pilot, single-arm, quasi-experimental study that offered hospitalized children six 17-minute Reiki sessions, twice weekly, over a period of 3 weeks. The child's bedside nurse monitored changes pre and post Reiki session in heart rate, respiratory rate, oxygen saturation, pain, and perceived stress.

**Results** The intervention was feasible, enrolling 52% of enrolled children, and families completed at least 5/6 Reiki visits and all measures. Nearly all (96%) of scheduled Reiki sessions were completed and parents reported their child's experience as calm, relaxed, it was OK, and I don't know. Patients would approve by their facial expressions, pulling the interventionists hands towards their body, and sitting quietly in session

**Strengths** This study was difficult to perform due to the fragile nature of the child participants and the need for cooperation from the parents but will help investigators design future studies.

**Weaknesses** There is a small sample size, no sham Reiki group, and no record of the pre-post physiological measures that were taken by nurses.

**Additional Comments** Further studies with larger samples and randomized control groups are needed to determine Reiki's effects with non-pharmacologic intervention