



Study Summary

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Reference

Utlı, H., Dinc, M., & Utlı, M.D.A. (2023). The Effect of Acupressure or Reiki Interventions on the Levels of Pain and Fatigue of Cancer Patients Receiving Palliative Care: A Randomized Controlled Study. *Explore*, 19(1), 91-99. <https://doi.org/10.1016/j.explore.2022.11.007>

Purpose of Study

The purpose of the study is to determine whether the effects of a twice weekly Reiki or Acupressure session affected patients with stage III or stage IV cancer who were receiving palliative care services had an impact on their levels of fatigue, pain, and use of analgesia.

Objective/goals/hypotheses

The goal of the study was to determine whether the use of twice weekly Reiki and/or Acupressure sessions reduced fatigue, use of analgesia, and pain in patients with stage III and stage IV cancer and receiving palliative care services over a month period.

Methods

This study utilized a single-blinded, repeated measures, randomized controlled design investigating Acupressure and Reiki intervention groups against a control group. Twice weekly Reiki or Acupressure sessions were offered to patients with stage III and stage IV cancer over a month period for a 20-minute duration. Data were collected on the variables of fatigue (Brief fatigue scale), pain (numeric pain scale), and the number of analgesia doses used (analgesia follow up form).

Results

Results suggested that there was a statistically significant reduction in the use of analgesia ($p < 0.001$), fatigue ($p < 0.001$), and pain level ($p < 0.001$) in both the Reiki and Acupressure groups when compared to the control groups.

Strengths

This study is methodologically sound with a single-blinded, randomized trial with an appropriately sized and powered sample.

Weaknesses

The control group did not receive a sham-reiki or sham-acupressure; the Reiki and the acupressure groups were only compared against no intervention. The lead author applied the Reiki introducing the possibility of bias.

Additional Comments

It is unclear whether participants received Reiki through a hands-on or hands-off approach, but this study adds to the literature on pain and fatigue levels of patients with cancer receiving palliative care services.