



## **Evaluation of a Reiki Program for Oncology Patients Undergoing Infusions**

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**Background:** Reiki has been shown to improve cancer-related symptoms and wellbeing in patients with cancer. However, there has yet to be a study with a large sample of oncology outpatients receiving Reiki by volunteers in multiple infusion locations.

**Methods:** The current observational study evaluated the effectiveness of 30-minute Reiki treatments delivered by volunteers to patients with cancer receiving infusions in two healthcare centers. The Reiki treatment was based on a flexible protocol, with both touch and non-touch hand positions. Patients completed the Edmonton Symptom Assessment System (ESAS) measures of wellbeing, pain, fatigue, anxiety, and nausea before and after receiving Reiki. Participants also rated their satisfaction with the Reiki session and provided qualitative feedback.

**Results:** Between March 2022 and February 2024, there were 386 Reiki sessions given to 310 unique patients as part of the volunteer Reiki program. Of those, 285 participants completed pre-measures, and 104 participants completed both pre and post measures. Participants showed statistically significant mean improvements in wellbeing (1.33, 95% CI 1.71, .96), pain (-2.00, 95% CI -1.39, -2.61), fatigue (-1.37, 95% CI -.91, -1.84), anxiety (-2.21, 95% CI -1.67, -2.75), and nausea (-2.22, 95% CI -1.58, -2.56). The mean satisfaction score was 8.9 out of 10 (SD = 1.9). Qualitative reports indicated that the Reiki was perceived as a positive experience and helpful for promoting relaxation and symptom reduction.

**Conclusion:** Patients with cancer receiving Reiki services during their infusion treatments reported significant improvements in all outcome measures, high levels of satisfaction, and a qualitatively positive healing experience.