



Sustainable Hospital Reiki Program

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Objective: Sustain a Reiki program beneficial to patients and staff.

Methods: The program is under the Spiritual Care Department. Practitioners are Spiritual Care volunteers committed to come in for at least 4 hours per week on a certain day, for example, Thursday, 10 until 2. Reiki is available Monday through Friday, 8 AM. to 5 PM. Weekend coverage is coming soon. The results are recorded in a patient's chart so staff can see the impact. Consults (requests) for Reiki for a patient primarily come from the patient, their physician or their nurse. Reiki is continued based on triage while patients are still in-patients. It restarts when they are re-admitted.

Results: (Data taken 2014-2017) Pain was reduced 60%, anxiety was reduced 77%, and there was sleep improvement of 81%. There were some physical improvements. Though the data is no longer compiled, the results appear to be the same.

Hospital board is working with department director and Reiki Coordinator to ensure continued sustainability – two practitioners have been hired as contractors.

The program has grown from 2018 with 1011 Reiki sessions to almost 2000 per year. The program went from just supporting in-patients to now also supporting cancer out-patients, family caregivers and staff. The staff is integrating it into their practice.

Conclusion: The program is growing and has been sustained for over 10 years, and the hospital has seen its value to the patient and staff.