



Effects of Reiki Therapy on Postoperative Pain and Sedation in Cats Subjected to Ovariohysterectomy

[Leandro Pacheco](#), Veterinarian, Hospital Veterinários com Amor

Objective: This study aimed at assessing the effects of Reiki therapy on postoperative pain in cats subjected to elective ovariohysterectomy (OHE).

Methods: Eighteen animals randomly distributed into two groups (Reiki and control) were used in a prospective, randomized, blinded, controlled clinical study. Preanesthetic medication (PAM), meloxicam, and antibiotic therapy was administered to the animals in both groups before they were anesthetized and subjected to OHE. Immediately after extubation, animals in the Reiki group were taken to a room without other animals to receive a single Reiki session lasting 16 minutes. After this session they were taken to the anesthetic and surgical recovery room. The animals in the control group received no additional treatment during the postoperative period. All experimental animals were evaluated for pain and sedation before PAM and 3, 5, 8, 12, and 24 hr after the surgical procedure.

Results: The Reiki group had a significantly lower pain score than the control group at 3, 5, 8, and 12 hr after surgery and a significantly lower sedation score than the control group at 3 and 5 hr after surgery. There was no statistically significant difference in the number of administrations of additional analgesics in the postoperative period of the animals.

Conclusions: Reiki therapy had an analgesic effect and contributed to the anesthetic recovery of cats subject to elective OHE in the postoperative period.