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Clinical Research: Evaluation of Healing Touch's Effect on Coronary Artery Bypass Grafting (CABG) Recovery, a Randomized Study

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Clinical Research: Evaluation of Healing Touch’s Effect on Coronary Artery Bypass Grafting (CABG) Recovery, a Randomized Study

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Introduction

- This study is assessing the efficacy of Healing Touch on patients receiving Coronary Artery Bypass Grafting at St. Cloud Hospital.
- A single previous research study determined Healing Touch, when added to standard nursing care, can significantly reduce anxiety and length of stay in patients undergoing CABG procedures (MacIntyre, 2008).

Research Question

Does the addition of Healing Touch, to the standard treatment of patients undergoing coronary artery bypass grafting, affect cost per case, anxiety level, and the following post-operative factors: delirium and atrial fibrillation occurrences?

Methodology

- Start Date: March 1, 2018 (enrollment is on-going at this time)
- N = ~80
- Participants randomized into a control group (standard care) and a Healing Touch group (standard care plus three Healing touch sessions)
- Healing Touch group receives three Healing Touch sessions at the following times: Within 30 hours before surgery, post-operative day 1, post-operative day 2
- Data Points: cost/case, anxiety, post-operative atrial fibrillation rates, post-operative delirium rates
- Anxiety scores are assessed using the Subjective Units of Distress Scale (SUDS)
- Control group has anxiety scores taken at the following times: Within 30 hours before surgery, post-operative day 1, post-operative day 2. Treatment group has anxiety scores taken before and after each healing touch session.
- Healing Touch is conducted by educated experienced healing touch providers utilizing a standard list of techniques.

Analysis

Statistical analysis will be conducted with assistance from St. Cloud State University.

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Implications

This study will expand the available research on a nurse driven intervention.

As Wardell, et. al. (2014) stated, “The use of complementary modalities can help nursing mature in its practice mission, expanding its scope of practice, all of which enhances, rather than conflicts, with professional holistic nursing practice.”

The results have the potential to enhance the awareness and knowledge of the nurse. It will provide them with another “tool” in their “toolbox” to help meet their patient’s needs, assuring excellent patient care.

References

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