

## **Adding Healing Touch to Your Hospital Care Spells R-E-L-I-E-F**

Merely anticipating a hospital stay may bring anxiety and unease. Stories from three St. Louis medical facilities invite you to peek into the realm of integrated care to see how this team approach provides comfort and symptom relief.

One patient had problems with the accumulation of his prescribed medications and became very suspicious and angry with his spouse and the staff. His wife convinced him to receive Healing Touch. A technique called “Magnetic Clearing” helped his body to clear the excess medication and he was able to rest. His wife said it was the most peaceful she had seen him in months. After physical therapy later that day, I asked him how he was feeling. He replied, “Better, because of you.”

*-Nancy Lane RN, APRN, BC, SSM Rehab, St. Mary’s Hospital, 314-768-5307*

As a nurse led pain management team, we are called to use an integrative approach with post-operative pain especially if patients are unable to tolerate the medications used to treat pain, nausea and anxiety. Many patients are eager to try anything that might make them feel better and are surprised that this gentle, caring energy based therapy makes such a difference in their ability to cope and indeed heal. We hear all the time, “This is the most relaxed I have felt in a very long time,” and “Thank you, I feel so much better now!”

*-Pat Dulle BSN, RN-BC, CHTP and  
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The nurse sounds frantic when I answer the call. “Can you please come and see my patient? I gave her all the medication she can have. She is sobbing because her headache is so severe.” When I meet the patient, I briefly explain how Healing Touch can help her. Assessment of her bio-energy field shows a strong pain ridge 8 feet from her body. As I start the technique to dissipate the pain ridge, she falls asleep. After 20 minutes, she suddenly wakes up and tells me that it’s painful again. In a few more minutes, she cries tears of relief and gives me a big ‘thank you’ hug. Her pain is gone! The next day her doctor is amazed and thankful because none of the prescribed medication provided adequate pain relief.

*-Lia Farber RN, CHTP, DePaul Health Center, 314-344-7564*

*Healing Touch St. Louis sponsors classes, practice sessions and provider listings. Classes are open to health care professionals and individuals wanting to increase their family’s wellness. For more information, visit our website, [www.healingtouchstlouis.org](http://www.healingtouchstlouis.org).*