

Hospital Care that Reduces Pain & Anxiety

Stories from three St. Louis medical facilities invite you to peek into the realm of integrated care to see how this team approach reduces pain and anxiety.

Time is precious in surgery. Each patient receives an elementary lesson on energy therapy, brochures, a simple demonstration, and an opportunity to ask questions, and with verbal consent, the quiet dedicated time with soft music and the patient's support team/family respectfully centered on the moment. As the Healing Touch session progresses, the patient breathes deeply, their color improves, and they are totally relaxed. The patient slowly opens their eyes and says, with some amazement and a soft smile, "Thank you - I am ready for surgery now" - and though this occurs over and over again, I am amazed—and thankful. Preliminary studies indicate that when surgery patients are totally relaxed and balanced they require less anesthesia, bleed less, and heal more quickly—all good things. How can we not do this?

-Chaplain Jo Greenwood, Alton Memorial Hospital, 618-463-7491

A patient was in rehab after a complicated hip replacement. She had been in multiple nursing homes and rehab facilities. She had anxiety about being able to walk and about her care after discharge. She then developed a stress fracture of her foot causing her pain and more anxiety. After her Healing Touch session, the pain was gone and she was much calmer. She walked quite a distance two days later during therapy. She was then discharged to home, due in part to the integrated, holistic care she received during her rehabilitation.

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

I find people open up on a very personal level. I've had patients reveal their deepest feelings and fears, some break down in uncontrollable tears, and others have experienced the presence of the Divine. Each Healing Touch session has been unique yet I have come to expect relief in pain and anxiety. Healing goes much deeper than one's physical symptoms. The most memorable and recurring event for me occurs at the end, and that is the Light that I see in their eyes which reflects an undeniable expression of peace and serenity that can only come from the Divine within. When I see this look in their eyes, I know and trust that healing has taken place.

*-Jeanne Whalen RN, CHTP,
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Healing Touch St. Louis sponsors a monthly clinic open to the public as well as classes, practice sessions and provider listings. Classes are for health care professionals and individuals wanting to increase their family's wellness. For more information, visit our website, www.healingtouchstlouis.org.