

The Lived Experience of Registered Nurse (RN) Reiki Practitioners: A Phenomenologic Study Using Computer-Mediated Communication.

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**THE LIVED EXPERIENCE OF REGISTERED
NURSE (RN) REIKI PRACTITIONERS:
A PHENOMENOLOGIC STUDY USING
COMPUTER-MEDIATED COMMUNICATION**

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Background & Significance

- ▣ Increased use of complementary and alternative modalities (CAM)
- ▣ Health care consumers spend billions of dollars on CAM therapies (Heer, 2003).
- ▣ Reiki is an energy-based CAM therapy derived from practices of Tibetan monks (Sullivan, 1998).
- ▣ Proponents of Reiki believe unblocking or redistributing body's natural energy facilitates self-healing (Sullivan, 1998).

Purpose

- ▣ To describe the lived experience of RNs who administer Reiki treatments to themselves and/or others

Research Question

- ▣ What is the lived experience of a registered nurse Reiki practitioner?

Design

- ▣ Qualitative phenomenologic design based on philosophy of Hans Gadamer (2004)
- ▣ Data collection - Computer mediated communication
- ▣ Interviews conducted via email
- ▣ Purposive sample of 19 participants from 15 states

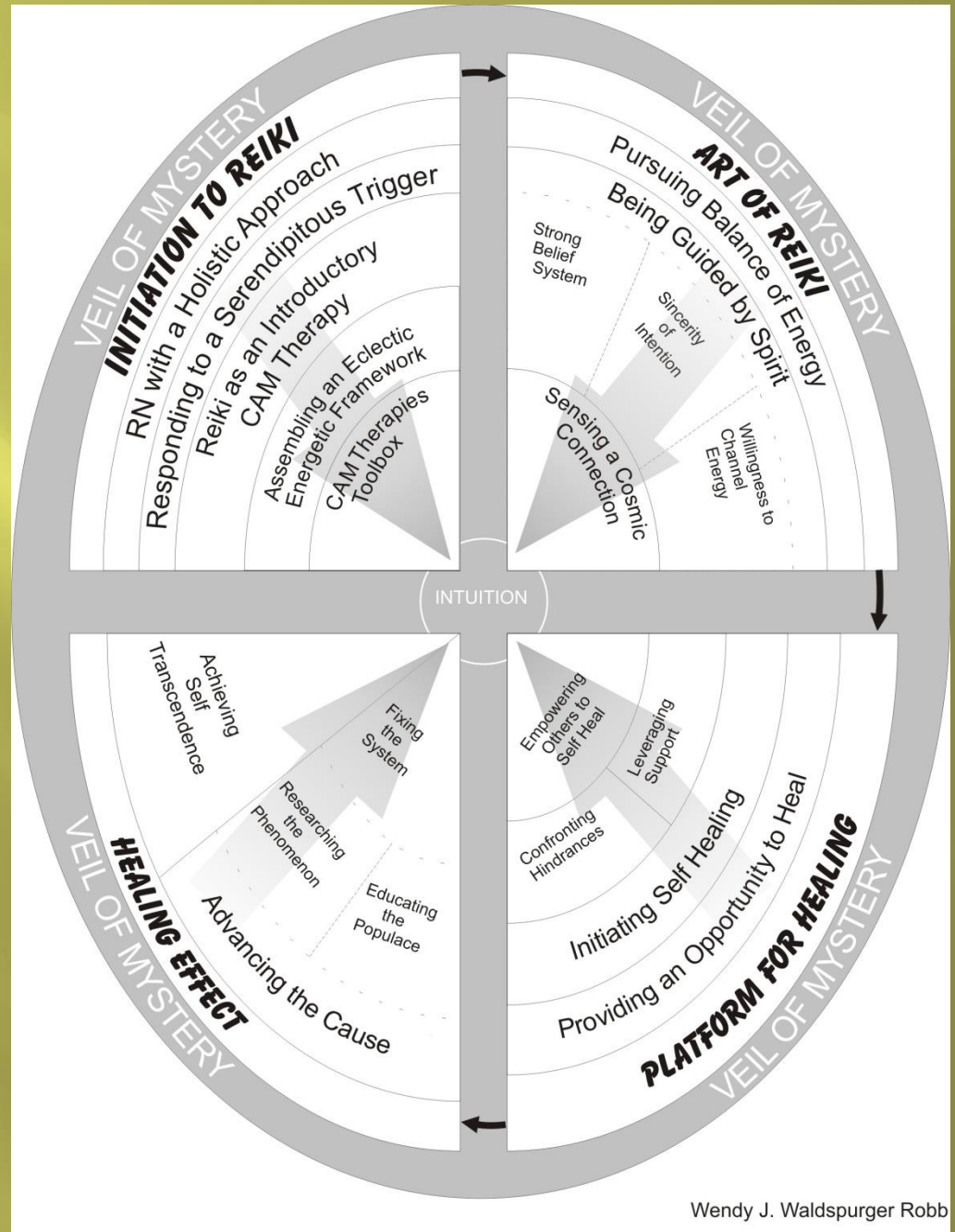
Analysis

- ▣ Paul Ricoeur's Interpretation Theory (1976)
 - Identification of preunderstandings
 - The naïve read
 - Open coding of the transcripts
 - Construction of structural meaning units
 - Development of themes and sub themes
- ▣ A preliminary model emerged.

Results

- ▣ Initiation to Reiki
 - ▣ The Art of Reiki
 - ▣ Platform for Healing
 - ▣ Healing Effect
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- ▣ Multidimensional, mystical context
 - ▣ Circular fashion → nonlinear progression
 - ▣ Overarching sphere “Veil of Mystery”
 - ▣ Intuition = central core

Robb's Reiki Experience Model©



Relevance to Nursing

▣ Nursing Practice

- Develop standards of practice and legislation for Reiki practice and energetic healing
- Potential theoretical applications
 - ▣ Jean Watson's Theory of Human Caring & the Clinical Caritas (1988, 2006)
 - ▣ Conti-O'Hare's concept of Nurse as Wounded Healer (2002)

▣ Nursing Research

- Preliminary model contributes to the body of nursing knowledge
- Validation of computer mediated communication as effective method in collection of qualitative data

▣ Nursing Education

- Inadequate efforts related to Reiki and CAM
- RN Reiki practitioners reported
 - ▣ Social and professional disapproval
 - ▣ Perceptions of voodoo
 - ▣ Stigma of unorthodox nursing care
- 3-pronged approach to educational directives
 - ▣ Public education
 - ▣ Healthcare provider education
 - ▣ CAM provider competency

Significance to Society

- ▣ Healthcare consumers are attracted to CAM
 - Less expensive
 - Non-narcotic
 - More accessible

- ▣ Barriers to holistic nursing approaches
 - Fear and skepticism
 - Unknowledgeable healthcare providers
 - Unskilled CAM providers

"The most beautiful thing we can experience is the mysterious. It is the source of all true art & science. He to whom this emotion is a stranger, who can no longer pause to wonder & stand rapt in awe, is as good as dead: his eyes are closed."

Albert Einstein

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