Abstract

Introduction

Maintenance of the physical health in the present world has become a challenging task. With the advent of various technologies, the treatment modalities are also changing from counseling to organ transplantation. Surgical procedures often form the remedial measure for various disease conditions. Although it is the treatment that is given for the wellbeing of the physical health, it indirectly affects the psychological wellbeing of the individual. Surgical procedures may carry potential risks such as pain, infection, hemorrhage or anesthetic complications. Postoperative pain was associated with high trait-anxiety and depressive mood of the patients. Depression prevalent during the post operative period can make difficult for patients to cope. Reiki touch therapy is a complementary biofield energy therapy that involves the use of hands to help strengthen the body's ability to heal. Touch therapy the important component of nursing practice is the basis for Reiki therapy.

Objectives

The objectives of the study were to determine the effectiveness of Reiki therapy on biophysiological status among patients subjected to major surgical procedures, to elicit the effectiveness of Reiki therapy on level of anxiety among patients subjected to major surgical procedures, to identify the effectiveness of Reiki therapy on level of depression among patients subjected to major surgical procedures, to correlate between biophysiological status, anxiety and depression among patients subjected to major surgical procedures and to associate the biophysiological status, anxiety and depression with selected background variables among patients subjected to major surgical procedures.

Methods

The research design adopted for the study was randomized controlled trial. The study was conducted among 350 postoperative patients, 175 for study group and 175 for control group to evaluate the effectiveness of Reiki therapy. The investigator provided Reiki therapy by placing her hands in six chakras of the patient’s body for 3-5 minutes for the healing process. The total duration of the therapy was about 40 minutes. The therapy was provided once in a day for seven consecutive days. The participants in the control group received routine care given by the doctors, nurses and other paramedical
personnel in the health care facility. Reiki therapy was not given to the control group. The collected data were coded and analyzed using descriptive and inferential statistics.

**Findings**

Independent t test revealed that during pre and post assessment of temperature there was no significant mean difference between study and control group from day 1 to day 7. During the post assessment of pulse rate, a significant mean difference was observed between study and control groups from day 1 to day 7 at p=0.000 level. A significant mean difference was observed between study and control groups on day 1 & day 3 at p<0.05 level, on day 2 & day 4 at p< 0.001 level and on day 5, day 6 & day 7 at p=0.000 level during the post assessment of systolic blood pressure. There was a high statistical difference on the pain score during post assessment in the study and control group on all seven days at p<0.000 level. There was a significant difference in RMANOVA in the pretest and posttest measurement of state anxiety, trait anxiety and depression among patients subjected to major surgical procedures in the study and control groups at p<0.000 level. A significant positive correlation between pre and post assessment mean score of temperature, pulse rate, respiratory rate, systolic and diastolic blood pressure was present in the study group. Post assessment temperature score in the control group on day 7 was significantly associated with social support at p<0.01 level. In the study group, on day 1, age & marital status was associated with pain scores during post assessment and on day 7 with occupation.

**Conclusion**

The study concluded that, patients subjected to major surgical procedures have significant changes in the biophysiological status and experience some degree of anxiety and depression. Patient who received Reiki therapy for seven days had significant reduction in their biological status such as pulse, respiration, systolic blood pressure and diastolic blood pressure. A highly significant reduction in the pain score was observed among the patients who received Reiki therapy. State trait anxiety and depression was reduced significantly among patients who received Reiki therapy. Reiki therapy is an effective healing therapy in maintaining the physical and psychological wellbeing of the patients.

**Key words:** Post operative, biophysiological status, pain, anxiety, depression, Reiki therapy