NORTH CAROLINA BAPTIST HOSPITAL
DEPARTMENT OF NURSING
POLICY AND PROCEDURE BULLETIN

PREPARED BY: Caregiver Stress Task Force

SUBJECT: Healing Touch Therapy: Caregiver to Patient/Family

I. POLICY:

Description:

Healing Touch is defined as an energy based therapeutic approach to healing and stress reduction. It uses a collection of energy based treatment techniques to assess and treat the human energy system, thus affecting the physical, emotional, mental, and spiritual healing and health.

Nurses that have successfully completed the educational requirements for Healing Touch must provide documentation to their manager prior to using the intervention with patients. Nurses may work with each other, staff, patients, and families within the level of their healing touch education.

Educational Requirements:
Nurses providing Healing Touch participate in a structured program of preparation. The Healing Touch curriculum is designed as a multi-level continuing education program. (see attachments)

II. PURPOSE:

To reduce stress and promote healing in caregivers, patients, and families and to ensure consistency in Healing Touch practice. Healing Touch is one modality that may be used in creating a caring environment which is consistent with our model of care based on Watson's Theory of Human Caring.

Definitions:

A. **Healing Touch**: an independent nursing intervention addressing NANDA 1.8; Disturbance in Energy Field.
B. **Centering**: a process in which the practitioner brings his/her own body, mind, and emotions to a quiet, focused state of consciousness.
C. **Visual Acuity Scale (VAS)**: numerical rating scale from 0 (no pain or no distress) to 10 (agonizing or unbearable distress).

III. PROCEDURE:

A. Agreement for Healing Touch
1. Assess readiness of participant
2. Obtain verbal agreement

B. Patient/Family Education
1. Assess the patient's understanding and knowledge of the purpose and method of the techniques to be used.
2. Review the purpose and techniques—explain that touch is either on or off the body.

3. Clothing is not removed and the participant may be covered with a sheet and blanket.
4. There is no contact involving touch of the breasts or genitals.
5. Inform the patient of the right to discontinue at any time.
6. Specifically advise the participant to immediately inform the practitioner if she/he becomes uncomfortable at any time.

C. Assessment

1. Identify the physical or emotional condition for which touch techniques are requested.
2. Assess pain and/or anxiety using the VAS scale.
3. Assess the participant prior to and immediately after therapy.

D. Interventions

1. Establish therapeutic alliance with the patient and family.
2. Assist the patient to a comfortable position. Healing touch may be performed in a bed, a stretcher, or in a chair.
3. Create a therapeutic environment which may include:
   a. Dimming lights
   b. Placing a "do not disturb" sign on the door
   c. Using quiet, calm music
   d. Adjusting the room temperature
   e. Implementing the appropriate healing touch individualized to the patient
   f. Continually assessing the patient's response to therapy

E. Documentations

1. Document the patient/family verbal agreement (in the case of pediatric patients, document the parent/guardian consent and in the case of an unresponsive patient, document the consent of the designated responsible person).
2. Document indications for therapy in the nursing plan of care.
3. Document the response of the patient in the medical record.
4. Document any follow up plan.

Level of Evidence: 2

Attachments:

Healing Touch International, Inc. ***Statement of Scope and Practice***
Healing Touch International, Inc. ***Code of Ethics—Standards of Practice***

References:

Hover-Kramer, D. (2002) Healing Touch: A Guidebook for Practitioners (2nd Ed). Albany, NY: Delmare.

Maville, J.A (2008) Effect of Healing Touch on stress perception and biological correlates. Holistic Nursing Practice, March/April 2008, 103-110.

Mentgen, J., Bulbrook, M. (2007) Healing Touch Level I Notebook, Healing Touch Program, Golden, CO.

Snyder, M., Lindquist, R. (2002). Complimentary/Alternative Therapies in Nursing (4th Ed.) New York: Springer Publishing, pp. 165-182.

Wardell, D.W. (2005) Research Survey: Healing Touch International (7th Ed.), Lakewood, CO.

HEALING TOUCH INTERNATIONAL, INC.

Spreading Healing Light Worldwide

STATEMENT OF SCOPE OF PRACTICE

PURPOSE: This Scope of Practice statement defines four levels of Healing Touch Practice.

DEFINED LEVELS OF PRACTICE

I. Student of Healing Touch: has at the minimum completed a Level 1 course taught by a Certified Healing Touch Instructor and is actively participating in the Healing Touch educational program.

II. Healing Touch Practitioner Apprentice: has completed Level 4 and is participating in a minimum one-year mentorship process with a Certified Healing Touch Practitioner.

III. Healing Touch Practitioner: has completed the 100 contact hour preparation coursework within Levels 1 through 5 and has received a Certificate of Completion issued by Healing Touch International.

IV. Certified Healing Touch Practitioner (CHTP): is a Healing Touch Practitioner who, in addition to completing the program, met the certification criteria and was approved by the Healing Touch International Inc. Certification Board.

V. HTI Healing Touch Level 1 Instructor-in-Training: has completed the HTI Level 1 Instructor Training and is working on the continuing coursework required by the HTI Healing Touch Instructor Certification Application.

VI. HTI Certified Healing Touch Instructor (CHTI): is a Certified Healing Touch Practitioner who in addition has completed the HTI Level 1 Instructor Training and has met the certification criteria by the HTI Certification Board.

VII. HTI Healing Touch Level 2, 3, 4, or 5 Instructor-in-Training: is an HTI Certified Healing Touch Instructor (CHTI) who has completed the HTI Instructor Training for the advanced class level and is working on the continuing coursework required to be approved as a instructor for the corresponding class level.

VIII. HTI Healing Touch Level 2,3,4,or 5 Instructor: is an HTI Certified Healing Touch Instructor (CHTI) Level 1,2,3,4, or 5 has completed the coursework for the corresponding class instructor level and is approved by the HTI Instructor Advancement Committee to teach the corresponding class level.

HEALING TOUCH EDUCATIONAL PROGRAM DESCRIPTION

The Healing Touch curriculum is designed as a multi-level continuing education program. As a continuing education model, it builds upon an individual's previous foundational health care professional preparation.

Each level includes both didactic and experiential learning in which participants use specific healing interventions. The program of study is carefully sequenced in five levels of instruction: Levels 1, 2, 3, 4, and 5. Certificates of attendance with approved continuing education credits are issued at the completion of each level.

The Healing Touch student undergoes a rigorous and comprehensive program that includes 100 hours of standardized curriculum with Certified Healing Touch Instructors. After completion of Level 4, the student begins a minimum one-year mentorship with a Certified Healing Touch Practitioner and documents a minimum of 100 Healing Touch sessions. The Healing Touch program places emphasis on self-care and development of the student. In addition, the student participates in an extensive reading program as well as a wide variety of complementary therapies.

HEALING TOUCH CERTIFICATION PROCESS

Prior to 1996, certification was provided by the American Holistic Nurses' Association. Healing Touch International Inc.'s Certification Board has provided certification since 1996.

DESCRIPTION OF HEALING TOUCH INTERNATIONAL

Healing Touch International is a non-profit educational corporation established in March 1996. It provides the following programs and services:

Certification as a Healing Touch Practitioner
Certification as a Healing Touch Instructor
International Directory of Certified Practitioners and Instructors
International Standards of Practice/Code of Ethics for Healing Touch Practitioners
International Scope of Practice Statement
Active Ethics Committee
Healing Touch Research
Hospital Nurse Consultant Program (Health Care Integration)
Annual International Conference
Special Interest Groups
Continuing Education HTI Healing Touch Certificate Program
Professional Development
Leadership and Support for countries developing Healing Touch programs

LEGAL BASIS FOR HEALING TOUCH PRACTICE:

The legal basis for Healing Touch practice is the same as for manual and biofield interventions. The legal basis for practice is inherent under the auspices of the professional preparation of the practitioner who adds Healing Touch to his/her foundational discipline. The individual's professional discipline, educational preparation, and credentials provide the legal parameters for the practice of Healing Touch. This holds true for any manual and biofield therapy.

HTI Board of Directors, Approved: 1/18/2000
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CODE OF ETHICS/ STANDARDS OF PRACTICE FOR HEALING TOUCH PRACTITIONERS

PURPOSE:
The following Code of Ethics/Standards of Practice guide the energetic and holistic practice of Healing Touch.

DEFINITION:
Healing Touch is an energy therapy in which practitioners use their hands to enhance and balance the physical, mental, emotional and spiritual well-being of their clients.

GOAL:
The goal in Healing Touch is to restore harmony and balance in the energy system, facilitating the client's self healing process.

CODE/STANDARD 1: Scope of Practice
Healing Touch practitioners integrate and practice Healing Touch within the scope of their education, training, current licensing and credentialing. They represent themselves to the public in accordance with their credentials and practice within the guidelines of Healing Touch International's Scope of Practice statement.

CODE/STANDARD 2: Collaborative Care
Healing Touch is a holistic therapy that is complementary to conventional health care and is used in collaboration with other approaches to health and healing. Healing Touch Practitioners must know the limits of their professional competence.
Health/medical conditions are to be followed by health care professionals. Referrals are made to appropriate health care professionals as needed.

CODE/STANDARD 3: Self Development
Healing Touch practitioners work from a theoretical and practical knowledge base of Healing Touch. They integrate self care practices to enhance their own physical, emotional, mental and spiritual well-being. They maintain a commitment to ongoing learning and self growth.

CODE/STANDARD 4: Equality and Acceptance
The practitioner and client are equal partners in the process of healing. Honoring individual autonomy, growth and self empowerment, clients will be respected and valued at all times regardless of race, creed, age, gender, disability, sexual orientation or health condition. The Healing Touch practitioner respects the individual spiritual beliefs and practices of the client. Healing Touch does not promote a particular spiritual practice.

CODE/STANDARD 5: Communication and Education
Information given to the client is individualized according to the expressed need, context and personal situation. The explanation about the treatment is conveyed at the level of the client's understanding. Healing Touch Practitioners act as a resource for appropriate education materials that can support the ongoing self care of clients.

CODE/STANDARD 6: Healing Touch Process
The Healing Touch practitioner obtains essential health information, an energy assessment, and sets mutual goals. Appropriate interventions are applied, the energy system is reassessed, and client feedback is obtained. This process serves as the foundation for understanding the health/healing needs of the client and promoting client safety.

CODE/STANDARD 7: Intention
Healing Touch is offered only for the benefit of the client, with intention for his or her highest good. The Healing Touch practitioner acts with the commitment to Do No Harm.

CODE/STANDARD 8: Creating a Healing Environment
Healing Touch practitioners provide a safe, welcoming, supportive and comfortable environment that is conducive to healing. The client is empowered to give feedback, modify or discontinue the session at any time. Safe and clear professional boundaries are maintained. Permission for hands-on touch is obtained. Touch is non-sexual and non-aggressive and respects the client's boundaries. The client is clothed except in professional therapy contexts involving physical or medical interventions requiring disrobing, in which case appropriate draping is provided.

CODE/STANDARD 9: Principle of Healing
Healing Touch practitioners recognize and honor the client's unique self healing process. The individual is acknowledged as a complex being, who is part of a social system, and is interactive with and is acted upon by their internal and external environments.

CODE/STANDARD 10: Confidentiality
Client confidentiality is protected at all times. Treatment findings are documented appropriately specific to the practitioner's background and setting. Client records are secured in such a way as to protect privacy and be in compliance with professional and legislative regulations. Client written permission must be obtained prior to release of or reporting of any record or information.

CODE/STANDARD 11: Quality Care
Healing Touch practitioners maintain a commitment to a high standard of quality care. The practitioner obtains supervision and consultation as needed from Certified Healing Touch Practitioners and other qualified professionals.

CODE/STANDARD 12: Professional Responsibility
Healing Touch Practitioners represent Healing Touch to the public in a professional manner by exercising good judgment, practicing with integrity and adhering to the HTI Code of Ethics/Standards of Practice.

Standards of Practice Approved: 6/1996
Code of Ethics Approved: 6/1996
Code of Ethics Revised: 2001
Standards/Code of Ethics Combined/Approved: 12/2006

Healing Touch International, Inc. Board of Directors
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