

THERAPEUTIC TOUCH®: Activate Your Inner Healer

Research: Therapeutic Touch in the Clinical Setting



OUTCOMES OF THERAPEUTIC TOUCH: WELL-BEING

Research has been at the foundation of Therapeutic Touch practice from its beginning in the early 1970s. Newsham and Schuller-Civitella (2003) collected data for a continuous quality improvement (CQI) study. Their findings suggest that Therapeutic Touch, when provided in the clinical setting, promotes comfort, calmness, and well-being among patients hospitalized for a variety of conditions (burns, degenerative arthritis, osteoarthritis, fibromyalgia). Patients reported being highly satisfied with Therapeutic Touch.

OUTCOMES OF THERAPEUTIC TOUCH: PAIN

Coakley and Duffy (2010) measured levels of pain, cortisol, and natural killer cells (NKC). Compared to those who received usual care, those receiving Therapeutic Touch had significantly lower levels of pain, cortisol levels, and higher NKC levels.

OUTCOMES OF THERAPEUTIC TOUCH: ANXIETY

This research aimed at finding out the effects of TT on comfort and anxiety of nursing home residents ... A statistically significant difference was found between the measurements of the TT and control groups. According to the results, TT reduces anxiety and increases the comfort level of older people ($p < 0.05$). Considering the positive results of TT on comfort levels and anxiety, it can be recommended as an independent nursing practice.

OUTCOMES OF THERAPEUTIC TOUCH: CANCER CARE

To control for the mind-body connection in outcomes of complementary modalities Gronowicz, et al. [2008) and Jhaveri, et al. (2008) treated cells in culture. Therapeutic Touch was chosen for these experiments because practitioners have extensive training and discipline. Gronowicz and her colleagues found that a specific pattern of Therapeutic Touch produced a significant increase in proliferation of fibroblasts, osteoblasts, and tenocytes in culture. Jhaveri and his colleagues found Therapeutic Touch appears to increase human osteoblast DNA synthesis, differentiation, and mineralization and decrease differentiation and mineralization in a human osteosarcoma-derived cell line.

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