

# THERAPEUTIC TOUCH®: Activate Your Inner Healer

## The Integrative Medical Model



The emerging holistic understanding of human health and wellness opens the door for creative new opportunities to develop services that will address the public demand for education and self-empowerment in health care and more focus on prevention and health promotion.

### THERAPEUTIC TOUCH BACKGROUND AND TRENDS

- 2002 the Complementary Therapies Nurses Interest Group (CTNIG) recognized under the umbrella of the Registered Nurses Association of Ontario (RNAO).
- The Hospice Association of Ontario (HAO) used the standards and practices of The Therapeutic Touch Network of Ontario (TTNO) as its model.
- The North American Nursing Diagnosis Association [NANDA] has recently approved the diagnosis “Imbalanced Energy Field” to be included in their publication, Nursing Diagnoses 2015-17: Definitions and Classification. This text is used across North America.
- Therapeutic Touch is now used in many Ontario hospitals, LTC facilities, and hospices. Policies have been developed for its use on an individual facility basis.  
**Examples include:**
- Therapeutic Touch in hospice care is widespread in Ontario.

- The Hospital for Sick Children in Toronto has a specific Therapeutic Touch Policy for Nurses in place and interested staff use it as part of their scope of practice.
- Michael Garron hospital in Toronto has a Therapeutic Touch Program including practitioner screening and preceptorship.
- Therapeutic Touch is provided to patients as they receive their chemotherapy in Oncology Units at Guelph General Hospital and Groves Memorial Hospital in Fergus.
- Recognized Practitioners are working in various long term care facilities throughout Ontario providing Therapeutic Touch to residents.

### APPLICATION AND AREAS OF USE

For its effectiveness in reducing anxiety, inducing relaxation, improving pain management, improving sleep, fostering a sense of well-being, and in reducing the accompanying sense of isolation in all areas of patient care including:

- cancer care
- labour and birth, neonatal care
- medical and surgical units - also been used successfully intra-operatively
- trauma units
- emergency departments
- psychiatric units
- end of life care

### EMERGING MODELS OF CARE

- patient centered, whole person caring during acute care
- rehabilitation focus
- ambulatory care
- community outreach
- prevention, healthy living, and survivorship
- self-care and self-empowerment

**For more information contact the TTNO.**

June 2024