

## Let's Talk About Therapeutic Touch

You may find the following summary helpful when speaking to individuals, community partners, media and small groups unfamiliar with Therapeutic Touch®.

(To be used in conjunction with the Therapeutic Touch *Fact Sheet*)

### BENEFITS AND ENDORSEMENTS OF A THERAPEUTIC TOUCH SESSION

- Part of a holistic approach to health care: complements the medical model of health care and works with other therapies such as massage;
- Therapeutic Touch policies are in place in many health care institutions, hospices, hospitals (e.g., Hospital for Sick Children), and long-term care facilities across Ontario; See *Fact Sheet: Facilities Where Therapeutic Touch Is Provided*. [Click here](#).
- Recognized as a complementary therapy by the Registered Nurses Association of Ontario, Complementary Therapies Nurses' Interest Group. Click [here](#) to go to their website.
- Therapeutic Touch attributes:
  - Non-invasive
  - May use touch or non-touch
  - Client may be sitting or lying down
  - Entire process typically lasts 30-40 minutes
  - Participants remain fully clothed
  - Client maintains full control
  - Cost effective
  - Accessible and transportable, can be used in any environment

### COMMON EFFECTS [Click [here](#) to learn more]

- **Reduces Stress and Anxiety Through a Relaxation Response**
  - Kramer, N. A. (1990). Comparison of Therapeutic Touch and casual touch in stress reduction of hospitalized children. *Pediatric Nursing*, 16(5), 483-485.
  - Hawranik, Pamela, Pat Johnston and Judith Deatrich. "Therapeutic Touch and Agitation in Individuals with Alzheimer's Disease." *Western Journal of Nursing Research* 30.4 (2008): 417-434. Print.
- **Aids in Managing Pain**
  - Aghabati, Nahid, Eesa Mohammadi and Zahra Esmaiel. "The Effect of Therapeutic Touch on Pain and Fatigue of Cancer Patients Undergoing Chemotherapy." 7.3 eCAM (2010): 375-381. (Print)
  - Coakley, Amanda and Mary Duffy. "The Effect of Therapeutic Touch on Postoperative Patients." *Journal of Holistic Nursing* 28.3 (2010): 193-200.
- **Improves Sleep**
  - Braun, C., Layton, J., & Braun, J. (1986). "Therapeutic Touch improves residents' sleep." *American Health Care Association Journal*, 12(1), 48-49.
- **Fosters a Sense of Well-being**
  - Marta, Ilda, Sueli, Baldan, Ani, Berton, Michele Pavam, Maria da Silva. "The effectiveness of Therapeutic Touch on pain, depression and sleep in patients with chronic pain: clinical trial". *Rev Esc Enferm USP* 2010; 44(4):1094-100.
- **May Speed Healing of Fractures**
  - Gronowicz, Gloria, Ankur Jhaveri, Libbe Clarke, Michael Aronow and Theresa Smith. "Therapeutic Touch Stimulates the Proliferation of Human Cells in Culture." *The Journal of Alternative and Complementary Medicine* 14.3 (2008): 233-239. Print. Therapeutic Touch produced a significant increase in proliferation of fibroblasts, osteoblasts, and tenocytes in culture.

\*Further information and research can be found on the Therapeutic Touch Network of Ontario [website](http://www.therapeutictouchontario.org) [www.therapeutictouchontario.org] Please make use of the TTNO Media Kit Binder that can be downloaded from the *Members Area*.