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## Healing touch: Enhancing quality of life

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**Purpose:** Healing touch (HT) is a non-invasive energy therapy that has been used in the management of symptoms of various health conditions and has demonstrated enhanced comfort and relief of symptoms such as chronic pain, post-traumatic-stress, depression, and anxiety. A literature search was performed across multiple databases, and critical appraisal was also completed utilizing the John Hopkins nursing evidence based practice tool. Level of evidence was established per Melynk and Fineout-Overholt's rating system; yielding a range from level I-level VI. The literature supports HT intervention to address a variety of symptoms, as well as benefits to educational pamphlets prior to intervention. The purpose of this project is to promote awareness of HT among patients, improve appointment compliance rate, as well as determining effectiveness of HT intervention on symptom relief and well-being of patients.

**Methodology & Theoretical Orientation:** This project will approach a convenience sample of patients with scheduled HT appointments, and will follow a quasi-experimental, one group pre-test-post-test design. An appointment notification letter and HT educational flyer will be mailed two weeks prior to appointment date for all patients with scheduled appointments. PI and co-investigators will deliver HT directly to patients. HT-practitioners at the agency provided guidance in identification of clinical problem and barriers to HT awareness and delivery. This information along with Roger's theory science of unitary human beings and Stetler model guided the development and implementation of this project.

**Conclusion & Significance:** It is anticipated that appointment compliance rate will increase because of sending the HT educational flyer along with the appointment notification letter. If results are favorable, the goal is to change practice of informing patients about HT, and how appointment notification is delivered to patients. It is further projected HTCQ results will reflect decrease in severity of symptoms following HT session among HT patients.

### Biography

Julia McCann-Khludenev holds two undergraduate degrees including a Bachelor of Arts in Human Services from Villanova University, as well as a Bachelor of Science in Nursing from Valparaiso University. Her professional background is primarily as a Family Social Worker under Foster-Care and Adoption in Philadelphia, PA. She also tried her hand in the legal field before returning to Valparaiso University as a full-time student, as part of the Accelerated Nursing Program in 2013. After graduating with her BSN degree, she is enrolled with Valparaiso University in the DNP program. She is a student member of AANP, and Sigma Theta Tau International. Her special interests include an emphasis on health promotion and disease prevention. She enjoys working with at-risk/vulnerable client populations, and serving the advocate role. She also has interest in alternative therapies, particularly when used in addition to traditional Western Medicine. Her EBP project combined her interests and focused on increasing awareness of, and determining effects of healing touch therapy on the Veteran population. She hopes to increase awareness and acceptance of alternative therapies across the healthcare field.

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