

Cancer

Completed Healing Touch Research Studies

- **Healing Touch Augments Radiation Therapy**
Authors: Cynthia A. Loveland Cook, Ph.D., R.N.; Joanne F. Guerrerio, R.N.; and Victoria E. Slater, Ph.D., R.N. Originally published in *Alternative Therapies in Health and Medicine*, 2004, Vol. 10, No. 3, pp. 34-40.
Note: This research is considered one of the best methodologically completed to date.
Study Sponsor : Barnes-Jewish Hospital in St. Louis, Missouri, and the School of Social Service, St. Louis University, in St. Louis, Missouri
Study Completion Date: 2004
- **Healing Touch and Immunity in Advanced Cervical Cancer Patients**
Principal Investigator: Susan Lutgendorf, PhD, University of Iowa
Study Completion Date: April 2007
Information Provided by: National Center for Complementary and Alternative Medicine (NCCAM)
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- **The Effect of Therapeutic Massage and Healing Touch on Cancer Patients.**
Principal Investigator: Janice Post-White, RN, PhD, FAAN
Co-Investigators: Mary Ellen Kinney, RN, BA, CHTP, Carol Wilcox, RN, MS, I.J. Lerner, MD, and J. Bernsten, RN, MS
Date: December 2003
- **The Lived Experience of Healing Touch with Cancer Patients**
Principal Investigator: Charlene Ann Christiano, Florida International University
Date: 1997

In Process Healing Touch Research Studies/Clinical Trials

- **Healing Touch and Health-Related Quality of Life in Women With Breast Cancer Receiving Radiation Therapy**
Principal Investigator: Lisa L Schnepfer, MSN, PhD (c), University of Wisconsin, Milwaukee
Start Date: January 2008
Study Sponsor : University of Wisconsin, Milwaukee
- **Healing Touch During Chemotherapy Infusions for Women With Breast Cancer**
Principal Investigator: Dr. Ellie Guardino MD/PhD and Kathy Turner RN, NP, Stanford University
Start Date: April 2007
Study Sponsor : Stanford University
- **Healing Touch in Treating Fatigue in Women Undergoing Radiation Therapy for Breast Cancer**
Principal Investigator: Nancy Wells, DNSc, RN and Fern Fitzhenry, PhD, RN Vanderbilt-Ingram Cancer Center
Start Date: February 2007
Study Sponsor : Vanderbilt-Ingram Cancer Center

- **Healing Touch as a Supportive Intervention for Adult Acute Leukemia Patients: A Pilot Study**
Principal Investigator: Suzanne C. Danhauer, PhD, Wake Forest University
Start Date: February 2006
Study Sponsor :Wake Forest University

- **Hypnosis, Massage Therapy, and Healing Touch in Treating Patients Receiving Chemotherapy for Ovarian Epithelial Cancer or Peritoneal Cavity Cancer**
Principal Investigator: Patricia L. Judson, MD Masonic Cancer Center at University of Minnesota
Start Date: May 2005
Study Sponsor :Masonic Cancer Center at University of Minnesota

- **Effect of Healing Touch on the Experience of Women Undergoing Treatment for Breast Cancer**
Principal Investigator: Lynn M Westphal, Stanford University
Start Date:January 2005
Study Sponsor :Stanford University

- **Healing Touch Breast Cancer Study**
Principal Investigator: Susan K Lutgendorf, PhD, Department of Psychology, University of Iowa
Start Date: June 2003
Study Sponsor :University of Iowa

- **Healing Touch and Relaxation Therapies in Cervical Cancer Patients**
Principal Investigator:Susan K Lutgendorf, MD, University of Iowa
Start Date: September 2002
Study Sponsor :National Center for Complementary and Alternative Medicine (NCCAM)

RESEARCH

Healing Touch Augments Radiation Therapy

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Healing Touch Augments Radiation Therapy

Healing Touch can decrease pain, improve vitality and increase physical functioning in women undergoing radiation for gynecological or breast cancer, according to recent research.

“Healing Touch and Quality of Life in Women Receiving Radiation Treatment for Cancer: A Randomized Controlled Trial” was conducted by staff at Barnes-Jewish Hospital in St. Louis, Missouri, and the School of Social Service, St. Louis University, in St. Louis, Missouri.

The study involved 62 women receiving radiation treatment for newly diagnosed gynecological or breast cancer. The women were randomly assigned to receive either Healing Touch or mock treatment, along with standard care, and were blind to their actual group assignment.

Subjects in both groups received a total of six 30-minute sessions; each one took place immediately after radiation treatment. The first session happened no more than one-third of the way through the radiation schedule. The next four sessions happened on a weekly basis, and the last session was given four weeks later.

During the sessions, subjects laid fully clothed on a massage table. A three-by-three-foot opaque screen was placed between the subject’s head and her body so she could not see who was providing the session or what they were doing.

Each Healing Touch session consisted of four phases: healer preparation, such as centering; pretreatment energetic assessment; Healing Touch intervention; and post-treatment energetic assessment.

The mock treatments were provided by laypeople with no training in or knowledge of Healing Touch. These people were instructed to walk around the table and stand at the end of it, keep their hands by their sides, and not focus any thoughts on the subject, but to think of simple math problems.

The study’s primary outcome measure was health-related quality of life, which was assessed before and after the study using the SF-36, a 36-item questionnaire from the Medical Outcomes Study at the Rand Corporation. The SF-36 measures nine health-related areas, such as bodily pain, general mental health, vitality, and limitations in social activities due to physical or emotional problems. Scores range from zero to 100, and higher scores are associated with better functioning.

The overall average score for all subjects at baseline was 53. After intervention, the Healing Touch group had an overall average score of 63.3, whereas the mock-treatment group had an overall average score of 54.3.

The Healing Touch group scored higher than the mock-treatment group in all nine areas of the health-related quality-of-life assessment. Subjects in the Healing Touch group showed statistically significant improvements in pain, vitality and physical functioning.

“Subjects who received Healing Touch demonstrated better [health-related quality of life] following radiation treatment than their counterparts who received mock treatment,” state the study’s authors. “The significant effects of [Healing Touch] on vitality, pain and physical functioning in this study lend support to the potential value of [Healing Touch] in improving the health-related quality of life of women with gynecological or breast cancer who undergo radiation therapy.”

- **Source:** *Barnes-Jewish Hospital, St. Louis, Missouri, and the School of Social Service, St. Louis University, St. Louis, Missouri. Authors: Cynthia A. Loveland Cook, Ph.D., R.N.; Joanne F. Guerrerio, R.N.; and Victoria E. Slater, Ph.D., R.N. Originally published in Alternative Therapies in Health and Medicine, 2004, Vol. 10, No. 3, pp. 34-40.*