

## **The effect of Reiki on work-related stress of the registered nurse.**

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### **Abstract**

#### **PURPOSE:**

*The Reiki Master Teacher group at a large academic, urban medical center studied the effects of Reiki on work-related stress in Registered Nurse Reiki I class participants. Research suggests that work-related stress is an influential factor in nursing burn out and retention. Reiki, an ancient form of Oriental "energy work" or healing, has been found to decrease stress.*

#### **METHODS:**

*The Perceived Stress Scale tool was administered prior to the Reiki I class and after three weeks of practicing self-Reiki.*

#### **FINDINGS:**

*Seventeen participants returned follow-up data. Results indicated that practicing Reiki more often resulted in reduced perceived stress levels.*

#### **CONCLUSIONS:**

*Data from this small pilot study supports educating nurses about Reiki practice to decrease work-related stress.*

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