

Title: Reiki/Energy Healing

Reference Number: RDF1108-22

Date of Response: 06/01/23

Further to your Freedom of Information Act request, please find the Trust's response(s) below:

I write to request the following information of both Northern Devon Healthcare NHS Trust and Royal Devon and Exeter NHS Foundation Trust:

1. *What is your policy on reiki energy healing? Please provide a copy of your policy, if you have one.*

Answer: Please see Standard Operating Procedure (SOP) attached.

Note: the following Reiki definition wording has been updated in a draft SOP awaiting approval:

Definition of Reiki

Reiki was developed in Japan as a practice of energy work and non-invasive therapeutic touch and rebalance the body, mind and spirit. The therapist places their hands on or over the body in a sequence of positions with the aim of encouraging relaxation and a feeling of wellbeing. Reiki is not offering 'healing' for any condition, nor is it based on any spiritual belief. Service users remain fully clothed throughout the treatment.

2. *In the last five years, have you engaged a reiki practitioner / energy healer for the provision of reiki/energy healing to patients?*

- a. *In which years?* 2019 – current (Royal Devon University Healthcare NHS Foundation Trust - Northern Services only).

- b. *What was the cost to the NHS for each of these years?*

Answer: No cost to NHS as funding has been provided on an ongoing basis with the support of charities (as outlined below) in order to appoint a therapist.

- c. *How many patients were given reiki treatment in each of these years?*

Answer: Please find attached document detailing the number of appointments for reiki therapy from June 2021- December 2022.

3. *Please break the results down by condition.*

Answer: All patients treated had a cancer diagnosis.

4. *Do you currently have a contract in place with any provider for the provision of reiki/energy healing services?*

Answer: Northern Services: We have an individual therapist employed 1 day per week with funding 50% from Harry Edwards Healing Sanctuary and 50% from Over and Above Hospital Charity until 7th December 2023, as well as volunteers.

a. *Please provide a copy of the contract*

Answer: This information is commercially sensitive and its release would, or would be likely to prejudice the commercial interests of the Trust.

In applying the exemption under Section 43(2) the Freedom of Information Act the Trust has balanced the public interest in withholding the information against the public interest in disclosure. The Trust has considered all the relevant factors in the public interest test and concluded that the benefit to the public in applying the exemption outweighs the public interest in releasing the information requested as a result of the prejudices and losses that would potentially affect the Trust and patients. As such this information is being withheld under Section 43 (2).

5. *Which external organisations, charities or companies (eg the Sam Buxton Sunflower Healing Trust) have you contracted or engaged with over the provision of reiki / energy healing in the last three years?*

Answer: Sam Buxton Sunflower Healing Trust - funding and training, Harry Edwards Healing Sanctuary & Over and Above - funding only.

b. *Please include copies of any promotional materials, advertising materials or other documentation provided by the external organisation as part of this engagement*

Answer:

- The Sam Buxton Sunflower Healing Trust advertises a therapist from their charity working in Barnstaple on their website.
- Harry Edwards Healing Sanctuary do not advertise our therapist on their website but send through a small quarterly brochure promoting their charity. We do not share it with our clients.

Document Control

Title			
Protocol For The Delivery Of Reiki Complementary Therapy In A Statutory Setting Standard Operating Procedure			
Author [REDACTED]		Author's job title [REDACTED]	
Directorate Unscheduled Care		Department Cancer Services	Team/Specialty
Version	Date Issued	Status	Comment / Changes / Approval
0.1	18/06/2019	Draft	Initial version for consultation
1.0	June 2019	Final	Approved by SACT governance
Main Contact [REDACTED] Seamoor Unit Level 1, NDDH		Tel: Direct Dial – [REDACTED] Tel: Internal – [REDACTED] Email: [REDACTED]	
Lead Director Director of Unscheduled Care			
Document Class Standard Operating Procedure		Target Audience All Staff	
Distribution List Senior Management		Distribution Method Trust's internal website	
Superseded Documents			
Issue Date June 2019		Review Date June 2020	Review Cycle Three years
Consulted with the following stakeholders: (list all) EXAMPLES <ul style="list-style-type: none"> Clinical Audit lead Head of Learning & Development 		Contact responsible for implementation and monitoring compliance: Cancer Matron	
		Education/ training will be provided by: Sam Buxton Sunflower Trust	
Approval and Review Process <ul style="list-style-type: none"> SACT governance 			

Local Archive Reference

G: cancerservices

Local Path

Filename

Policy categories for Trust's internal website (Bob)

Cancer Services

Tags for Trust's internal website (Bob)

Reiki

Complementary therapy

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1. Background

- 1.1. This Energy Therapy / Reiki complementary therapy within a statutory setting Protocol (hereafter “the Protocol”)

2. Definition

- 2.1. “Healing” (complementary) For the purpose of this Protocol, ‘Healing’ has a specific definition involving the channelling of energy through the hands to the recipient. This includes “Energy Therapy” or “Reiki”; both can be described as energy work and which aims to restore the balance of body, mind, and spirit of the recipient. It is a natural, non-invasive, holistic approach that has the intention of promoting self-healing, to bring a sense of well-being and peace to the recipient. Energy Therapy/ Reiki is carried out in the presence of the recipient. The therapist may lay hands on the body or the hands may be held off the body. These treatments are only given as a complement to existing treatments, or as a complementary therapy.

It does not include massage or manipulation

3. Purpose

- 3.1. Therapists do not under any circumstance diagnose specific medical problems, but aim to treat the individual, with a view to alleviating physical, emotional and spiritual distress.

3.2. Through the laying on of hands the therapist will channel energy and unconditional love into the recipient. Reiki healers believe this will balance and energize the mind, body and spirit whilst releasing any energy blockages which may be present enabling the body to be in a receptive state to heal. The therapy can be used to assist in the management of:

- Anxiety management
- As a pain management strategy
- As a supportive measure through unpleasant and/or painful procedures e.g. lumbar puncture, bone marrow aspirate, liver biopsy
- To reduce chemotherapy/radiotherapy gut disturbance
- To reduce nausea and vomiting
- To reduce needle phobia
- To reduce pain associated with sore mouth
- To engender a sense of control
- To enhance compliance with treatment regimens
- To enhance coping
- To improve quality of life
- To increase self-esteem
- To increase confidence
- To support the patient in the dying process.

4. Location

- 4.1.** This Standard Operating Procedure ~ Reiki healing or complementary therapy care can be implemented in all clinical areas where competent staff are available to undertake this role.
- 4.2.** All therapists must follow and comply with the Standards of Conduct, Performance & Ethics of their governing body and the recruiting centre.
- 4.3.** Staff undertaking this procedure must be able to demonstrate continued competence as per the organisations policy on assessing and maintaining competence.

5. Qualification

- 5.1. The post holders will as a minimum, have met the Education & Training Standards (NOS standards) as an Energy Healer AKA Spiritual Healing or hold a Reiki Master Practitioner qualification. The post holder should also be able to show 2 years post certificate clinical experience of Energy /Reiki therapy and show evidence of continued professional development (CPD).

6. Professional indemnity arrangements

- 6.1. Indemnity insurance is a requirement for all therapists and is a pre requisite for practice as an Energy/Reiki Therapist working within a statutory setting.

7. Supervision

- 7.1. In the interests of safe practice 1 hour of monthly supervision is advised. This should be undertaken with a competent and experienced supervisor who ideally has an understanding of working within a healthcare environment.
- 7.2. The post holder is expected to undertake an annual Individual Performance Review, which will be carried out by the team manager or other manager responsible for the post holder.

8. Specific contra –indications

- 8.1. The therapist should not have any patient contact if they themselves have any contagious infections or are unwell.
- 8.2. The therapist should be conversant with the patients' medical treatment and its possible side effects
- 8.3. Be competent to handle safely any adverse effect of the reiki healing session should it occur.

9. Referral

- 9.1. Patient's, staff and relatives have access to Energy Therapy/Reiki from any one of a number of sources i.e.
- Verbally from any health care professional on the unit.
 - From nurses during the weekly handover meetings.
 - Via formal written referral
 - Self-referral.

- Telephone.

10. Assessment

- 10.1.** Medical and nursing notes should be made available to the therapist. Whenever possible these should be read in advance of seeing the patient, or contact with the named nurse. As a general rule therapy will only be offered when the following has been established and the patient has been given a verbal and written explanation of what Energy Therapy /Reiki is and what it involves. Reiki healing is offered as a complementary therapy and is intended as a complement to existing treatments.
- 10.2.** The patient gives verbal consent, or consent from a parent/guardian for a minor (16yrs or under)
- 10.3.** Patients should be introduced to the service in the first instance via a written official flyer in which the service is briefly described. A more detailed explanation can be offered by the therapist and supported by a written document if required.
- 10.4.** Whenever possible liaison with the appropriate nurse or doctor both before and after therapy sessions are advised

11. Location of treatment and length of sessions

Energy Therapy/Reiki treatments will normally be given in the patient's room with the patient lying on their bed.

If a patient is in their day chair a treatment may be given in situ. Carers, outpatients and day-care patients may be treated in any suitable private space on the wards or consultancy rooms. The length of each treatment will be in accordance to the patients' needs at the time of treatment, an average treatment would be approximately 30 minutes.

11.1. Infection control

The complementary therapist should adhere strictly to the employing Trust's guidelines with regard to infection control. Hand washing before and after treatments, aprons and gloves should be worn when working with immune compromised patients. Alcohol gel is to be used in accordance with unit policy.

12. Consent

- 12.1.** In keeping with the overall policy for the use of complementary therapy within an NHS trust or other statutory setting.

- 12.2.** Patients need to be aware that a multi-discipline approach may be operated and that some Information may be shared.

13. Record keeping

- 13.1.** In keeping with the overall policy for the use of complementary therapy within an NHS trust or other statutory setting.
- 13.2.** Patients need to be aware that a multi-discipline approach may be operated and that some Information may be shared.

14. Audit

- 14.1.** Suggested collection of data for the Healing/Reiki service with respect to:
- Number of patients treated
 - Number of sessions engaged in.
 - Length of time spent in each therapy session.
 - Referral source

	Reiki Appointments 2021-2022
June	49
July	37
August	22
September	27
October	38
November	31
December	25
January	42
February	35
March	32
April	7
May	16
Total	361

	Reiki Appointments 2022-2023
June	15
July	21
August	26
September	19
October	23
November	25
December	13
January	
February	
March	
April	
May	
Total	142