

Leamington Mennonite Home  
Long Term Care

POLICY AND PROCEDURE

<b>CATEGORY:</b> Nursing	<b>SUBJECT:</b> Therapeutic Touch	<b>SECTION:</b> T
<b>DATE:</b> October 1996	<b>Administrator:</b> <u>J. M.</u>	<b>POLICY:</b> 1
<b>REVISION DATES:</b> December 2004	<b>Director of Care:</b> <u>Cheryl Allick</u>	

**THERAPEUTIC TOUCH**

**POLICY:**

Therapeutic touch is a relaxation technique provided by Registered Staff that have been certified through an accredited course. Therapeutic touch is used for comfort measures, to relieve anxiety and promote a sense of well-being. It is a method of using the hands to direct human energies to help those in pain or those who are experiencing anxiety, tension or stress. It may also promote healing and wellness.

**PROCEDURE:**

1. Explain the procedure to the resident and obtain verbal permission whenever possible.
2. The Practitioner centres by bringing one's body, mind and emotions to a quiet, focused state of consciousness.
3. Make the conscious intention to therapeutically assist the individual.
4. Assess the condition of the energy field by becoming aware of the differences in sensory cues in the palmar surfaces of the hands as well as other intuitive and sensory cues in the field. Hands are usually held about 2 – 4 inches away from the individual's body and are moved in a head to feet direction.
5. Use calm and rhythmic hand movements to clear areas of energy imbalance in the field.
6. Repeat prior phases as necessary.
7. Give the individual an opportunity to rest, evaluate the response.
8. Document procedure and feedback.