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Development and Implementation of a Perianesthesia Integrative Care Committee

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Background: The staff identified a need to offer alternative therapies for perianesthesia patients in congruence with the 2005 American Hospital Association (AHA) Complementary Alternative Medicine (CAM) usage survey.

Objective: To certify as many nurses and ancillary staff within the perianesthesia area as possible in Reiki and therapeutic touch.

Implementation: Collaborated with Center for Preoperative Evaluation to inform patients of available services and developed an e-mail communication list to notify practitioners.

Positive Outcome Achieved: Positive feedback received from patients, staff nurses, and leadership.

Implications for Perianesthesia Nurses: There is available evidence in the literature to show a correlation between integrative therapies and decreased pain and anxiety and the promotion of healing.