

SHIATSU & PALLIATIVE CARE

RESEARCH

Cheesman S. Christian R. Cresswell J. Exploring the value of Shiatsu in Palliative Care Day Services. International Journal of Palliative Nursing. 7 (5):234-239, 2001.
The purpose was to explore the effects of Shiatsu upon the symptoms and well-being of palliative care patients.

Results: A range of benefits were identified including improvements in energy levels, relaxation, confidence, symptom control, clarity of thought and mobility. Very few of the participants' comments were coded as neutral or negative. Duration of benefits varied from a few hours to beyond the five-week treatment period. Shiatsu treatment was associated with reduced pain and suffering and improved well-being and confidence for the majority of this group of participants.

Stevensen C. The role of Shiatsu in Palliative Care. Complementary Therapies in Nursing & Midwifery. 1 (2): 51-8, 1995.

Caroline Stevensen, a qualified nurse and Shiatsu practitioner, explores the role of Shiatsu in palliative care.

The author suggests that Shiatsu may assist with grief, pain management, nausea and insomnia. The usefulness of Pericardium 6(P6) for nausea is supported by evidence from clinical trials.

Marion IF Lynn MAR AMNMA MTIGB, December 2000.

Evaluation of the Complementary Therapy Service.

Conclusion: This evaluation has shown that the complementary therapy service is both welcomed and valued by staff and patients and positive benefits have been found. Complementary therapies are recognised as being of most value in palliative care, this may be because the emphasis is on quality of life, symptom control and emotional care.

The nature of the therapies on a one-to-one, positive touch of another human being, the gentleness, the caring, compassion is why the therapies (aromatherapy/massage, reflexology, reiki healing and Shiatsu) are an important part of patient care.

All these therapies offer to palliative care a gentle, caring natural therapy.

Exploring the Value of Shiatsu in Palliative Care Day Services. Sheliagh Cheesman (Nurse Practitioner), Rosamond Christian (Nurse Practitioner), John Cresswell (Lecturer, St Helena Hospice, Colchester). International Journal of Palliative Nursing 2001, Vol 7, No 5.

Conclusion: At times we were worried about reporting these very positive findings because what was achieved with Shiatsu was not a miracle cure of the participant's terminal illness. However there were clear benefits for the control of symptoms. Furthermore, life for the participants of this study was not only about pain and suffering but also mental wellbeing and confidence. As they relaxed they claimed back their life, and the domination of the disease receded a little. This is the essence of good palliative care.

Abstract: This qualitative study sought to evaluate the effects of Shiatsu therapy on clients attending hospice day services. Eleven clients with advanced progressive

disease received five therapy sessions each at weekly intervals. Data about the effects was collected through five unstructured interviews with each client. Four of these were conducted before, during and shortly after the therapy regime, and the fifth was undertaken four weeks after treatment ended. All the interviews were tape recorded, transcribed and subject to content analysis. The results of the analysis revealed significant improvements in energy levels, relaxation, confidence, symptom control, clarity of thought and mobility. These benefits were of variable duration – in some instances lasting a few hours but in others extending beyond the 5-week treatment regime. Action to ensure research trustworthiness included keeping research journals to provide an audit trail, conducting member checks and using peer debriefing.