

# Seeding Healing Touch in VA VISN 12

Lynne O'Donnell, BSN, MSN, HTP-A, Lisa Wells, CTRS, HTP-A and Helen Schneider, MS, RN, HTP-A, Stan Rintelmann, RN-BC, MSN, FNP-BC, APNP, HTP



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## Overview

The VA Great Lakes Health Care System (VISN 12), a group of seven VA medical centers and over thirty VA clinics, is dedicated to providing a comprehensive health care package to America's veterans. VA Great Lakes serves veterans who reside in northwestern Indiana, northern Illinois, Wisconsin and the Upper Peninsula of Michigan.

Three medical centers in VISN 12 have been actively seeding Healing Touch (HT); Jesse Brown VA Medical Center, Edward Hines, Jr. VA Hospital and Clement J. Zablocki VA Medical Center. In early 2006 Lynne O'Donnell, Jesse Brown Medical Center, completed a Level 1 HT class. She left the class with the intention to bring HT into the VA.

Stan Rintelman completed HT Levels 1, 2, 3 and 4 in 2006. He completed Level 5 in 2012 and is currently working toward certification and a Healing Touch Practitioner. In addition Stan has completed Energy Anatomy, Level 1 and Advanced Practice 1 & 2.

In 2011 the first Healing Touch classes were taught at Hines VA Hospital and three Hines employees have completed Level 4 and are working on Level 5.

As of 2014 17 HT classes have been taught at Hines, 5 HT classes have been taught at Zablocki and 12 at Jesse Brown. Students who have taken these classes are actively offering Healing Touch to Veterans through pain clinics, fairs, Stand Downs and in a variety of other ways.

### Jesse Brown VA Medical Center (JBVAMC) Chicago, Illinois

#### Healing Touch Key Coordinator and Facilitator Lynne O'Donnell, BSN, MSN, HTP-A

### Healing Touch Center at JBVAMC to Date

- JBVAMC Patient Centered Care committee –supported the start of a HT Center at JBVAMC. Space obtained, 10 tables purchased for the center and for future classes. Room furnished; and a display banner designed and purchased.
- HT Center opened November 2013. Now have a consult entitled: Energy Medicine/ Healing Touch/ Palliative Care. We have a progress note entitled: Healing Touch. Meets every Thursday, with time for scheduled consults for veterans and walk in times for veterans and employees.
- HT is also being provided for JBVA In-patients by consults or thru the Palliative Care Consult team.
- JBVA- Community Based Outpatient Clinic called ABJ ( Crown Point, Indiana) is being helped to set up their own HT Center and have HT Level 1 and 2 classes at their facility.

### Healing Touch Classes at JBVAMC

<b>Level 1</b>		
January 14, 2007	18 Students	
September 20, 2008	22 Students	
July 26, 2009	19 Students	
January 24, 2010	12 Students	
June 6, 2010	11 Students: Hines, Milwaukee, Lovell and Madison	
July 18, 2010	19 Students: Tomah and Milwaukee	
March 24, 2013	17 Students: CBOC- ABJ – grant	
May 19, 2013	12 Students : CBOC- ABJ – grant	

<b>Level 2</b>		
January 2009		
April 18, 2010		
August 25, 2013	9 Students: Tomah and VA Kentucky – grant	

<b>Level 3</b>		
January 201	12 Students: Hines	



### Jesse Brown Timeline

#### 2006

- Lynne O'Donnell attended a presentation about HT at the VA National Pain and Palliative Care Conference in Alexandria, Virginia.
- A 90 minute *Introduction to HT* presentation by Ann O'Malley, RN, HTPC/I to about 75 JBVAMC clinical and clerical staff, volunteers and one veteran.

#### 2007

- Permission requested from Associate Chief of Patient Care Services to have a Level 1 HT class was granted - 19 VA clinical employees attended
- Ann O'Malley presented HT to Executive Leadership Board (ELB) and permission was granted to "roll out HT" to staff
- HT students provided HT during Nurses' Week, the Woman's Health Fair and 1st Education Fair - pre and post HT statistics were collected at some events
- Lynne O'Donnell began building a VA HT listserve
- Jennifer T, ANP, PhD candidate and instructor of nursing, consultant from the U of I, reviewed the literature and presented the Palliative Care Team with research that had been done on HT and Therapeutic Touch

#### 2008

- Provided HT at the second annual Stand Down in Algonquin
- Presented an hour long educational program on HT for the VA National Pain Teleconference - included HT folks from across the nation
- Provided many mini HT sessions during Nurses Week
- Developed a simple intake collection tool to standardize the pre and post information that was needed before setting up research
- Coordinated the providing of HT sessions at the OEF/OIF Welcome Home Celebration for the new arrived home troops - new intake form was used

#### 2009

- Provided HT at the OEF/OIF Welcome Home celebration at University of Illinois
- Presented HT at the JBVAMC Pain Committee and asked that it be incorporated into a Complementary Corner of the Pain Clinic- was agreed upon but was later rescinded
- Associate Director of Patient Care Services allowed students to use HT with veterans and for more HT classes to be taught to nurses
- Presented an HT Introduction at the newly developed Pain Education School for those with chronic pain; classes developed by Psychology Service
- Hospital Pain Meeting- collaborating physician withdrew his collaboration at the meeting after equating HT to veterans getting placebos - found new collaborating physicians to sign agreements
- Provided a HT session to the VA Deputy Chief of Nursing (Washington) during visit - asked for her help in getting HT into the VA - Her Advice — "*Take one VA at a time!*"

#### 2010

- Seeding of VISN 12 VAs" began in earnest! Invited folks from the VISN 12 Pain committee or the Palliative Care Groups from each VA to come to a level 1 class at JBVAMC - attendees from Hines, Milwaukee, Lovell and the Madison clinic in Rockford came to classes

#### 2011 - 2013

- Provided HT to about 200 veterans at the Valor Games at Soldier's Field, Chicago
- Helped set up a VA national phone call for VA parties interested in a joint proposal to bring HT into the VA. Worked closely with the Patient Centered Care Champion and Project Director- Dr. Leila Kozak to provide information & support in writing the grant proposal.
- Grant proposal, OPCC RFP 2013, awarded to bring education on massage and HT to 12 VISNs; and provide HT education to over 400 VA staff in about 20 VA facilities

### Clement J. Zablocki VA Medical Center Milwaukee, Wisconsin

#### Healing Touch Key Coordinator and Facilitator Stan Rintelmann, RN-BC, MSN, FNP-BC, APNP, HTP

### Zablocki Timeline

#### 2006 - 2009

Multiple Presentations (house and committee wide) of Complementary and Alternative Medicine Interventions with focus on forms of Energy Medicine and Healing Touch (via the Pain Steering Committee, Pain Resource Professional Committee)

#### 2010

- Two Introduction to HT classes were held for VA Staff: Open and Presented to Milwaukee and CBOCs
- Approval and Implementation of Energy Therapies Clinic: Healing Touch Interventions in Spinal Cord Injury Division - first Veterans scheduled and encountered
- CPRS free form documentation note created and titled : "Energy Therapies Note", fully following the 10 step Healing Touch Sequence
- Creation and Implementation of the Complementary and Alternative Medicine Interest Group: CAM IG- Meeting Quarterly
- Sharepoint Site created for the Milwaukee VA inclusive of all CAM interests and Healing Touch/Energy Medicine for resources, communications, networking and schedules

#### 2011

- Energy Therapies Clinic : Healing Touch Interventions in Spinal Cord Injury Division - ongoing
- Complementary and Alternative Medicine Interest Group : CAM IG- Meeting Quarterly- ongoing

#### 2012

- Energy Therapies Clinic : Healing Touch Interventions in Spinal Cord Injury Division - ongoing
- Complementary and Alternative Medicine Interest Group : CAM IG- Meeting Quarterly- ongoing

#### 2013

- Grant Funds were awarded from the Office of Patient Center Care and Cultural Transformation for Implementation of Best CAM Practices: HT classes and equipment procurement at the Milwaukee Zablocki VAMC and 19 other VAs
- First HT classes held funded through the grant - pre and post surveys were completed by staff who took HT training under the grant funds
- Energy Therapies Clinic: Healing Touch Interventions in Spinal Cord Injury Division - ongoing
- Complementary and Alternative Medicine Interest Group : CAM IG- Meeting Quarterly- ongoing
- Creation of the Healing Touch Sharepoint Site created for the Milwaukee VA inclusive Healing Touch/ Energy Medicine resources, communications, networking and schedules

#### 2014

- Creation of the Milwaukee VA Monthly Healing Touch Practice Group
- Energy Therapies Clinic : Healing Touch Interventions in Spinal Cord Injury Division - ongoing
- Complementary and Alternative Medicine Interest Group : CAM IG- Meeting Quarterly- ongoing

### Healing Touch Classes at Zablocki

<b>Level 1</b>		
July 20 & 21, 2013	20 Students – grant	
August 17 & 18, 2013	18 Students – grant	

<b>Level 2</b>		
December 7 & 8, 2013	12 Students – grant	
November 30/December 1, 2014	12 Students – grant	

<b>Level 3</b>		
February 8 & 9, 2014	20 Students	

### Edward Hines, Jr. VA Hospital Hines, Illinois

#### Healing Touch Key Coordinators and Facilitators Lisa Wells, CTRS, HTP-A and Helen Schneider, MS, RN, HTP-A

### Hines Timeline

#### 2011

- 32 Hines employees are trained in Healing Touch
- Staff began documenting HT treatments in the patient medical record via a progress note with Healing Touch in the subject line

#### 2012

- 300 Mini HT sessions provided to Veterans and Employees at the Hines Health Fair
- 42 Hines employees are trained in Healing Touch

#### 2013

- Monies were awarded from the Office of Patient Center Care and Culture Transformation for support of HT training and equipment at Hines and 19 other VAs
- Pre and post surveys were completed by staff who took HT training under the monies from the grant
- Development began for an HT documentation template in CPRS with assistance of Informatics
- CPRS template options presented to staff for review and decision of most applicable template

#### 2014

- CPRS HT template was implemented
- HT Room established on the Acute Medicine/Telemetry Unit

#### To Date

- Three Hines employees have completed Level 4 and are working on Level 5.
- Staff from Hines trained in HT have volunteered at the Welcome Home event at Soldier Field and at the Alexian Brothers Cancer Center Clinic.

### Healing Touch Classes at Hines

#### Level 1

February 5 & 6th, 2011	10 students: 7 Hines , 1 JB, 2 community
March 26 & 27, 2011	8 students: 7 Hines, 1 Tomah VA
September 10 & 11, 2011	18 students: 12 Hines, 1 Milwaukee VA, 5 community
January 21 & 22, 2012	12 students: 9 Hines, 3 community
April 14 & 15, 2012	20 students: 12 Hines, 1 Kentucky VA, 7 community
September 8 & 9, 2012	12 students: 10 Hines, 2 community
March 9 & 10, 2013	12 students: 11 Hines, 1 community
June 1& 2, 2013	9 students: 7 Hines, 2 community
June 17 & 18, 2013	16 students: 15 Hines, 1 Ft. Wayne VA
July 24 & 25, 2013	16 students: 16 Hines
November 16 & 17, 2013	10 students: 7 Hines, 3 community

#### Level 2

June 4 & 5, 2011	8 students: 6 Hines, 1 JB, 1 community
June 2 & 3, 2012	18 students: 13 Hines, 1 Kentucky VA, 4 community
September 7 & , 2013	12 students: 12 Hines
January 25 & 26, 2014	10 students: 8 Hines, 2 community

#### Level 3

November 3 & 4, 2012	12 students: 8 Hines, 1 JB, 3 community
April 5 & 6, 2014	24 students: 20 Hines, 4 community