## Patient Directed Compliance with Healing Touch and Wound Care Achieves Healing.

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## Abstract

Healing Touch is a complementary medicine therapy based on an energybased approach to health and healing utilizing biofield therapy. The Healing Touch Practitioner clears, energizes, and balances the human and environmental energy fields using noninvasive hand techniques. This approach can positively influence wound healing by promoting physical, emotional, mental and spiritual health. The Healing Touch International/Healing Touch Program<sup>™</sup> is approved and accredited as a provider of continuing education by the American Nurses Credentialing Center's Commission on Accreditation and by the National Certification Board for Therapeutic Massage and Bodywork. We have incorporated Healing Touch into our wound care program and present a Case Study to illustrate Healing Touch Therapy.



Wound
Presentation
8/28/07
3.4 x 1.4 x 0.2 cm



Wound Declaration
9/4/07
4.2 x 2.2 x 0.3 cm



Healing Touch Initiated 9/26/07 3.7 x 3.0 x 0.2 cm.



One Month After

Healing Touch Initiated

10/22/07

0.5 x 0.6 x 0.1 cm



Wound Closure
11/14/07

## Case Study

The patient is a 57-year-old gentleman presented for initial wound care consultation on 5/22/2007 with a 10-day history of non-healing left ankle wound. He had a history of a motorcycle accident 25 years ago with significant left leg trauma, tibial deformity and residual venous insufficiency. Additional Past Medical History included sleep apnea, and tobacco abuse.

Wound care management was initiated and modified over the next several months. Strategies included Profore™ compression, Vashe® Wound Therapy cleansing, lodoflex™,enzymatic and sharp debridements as needed, Trental®, vitamins, off-loading and rest. The patient was counseled by the nursing team regarding compliance with wound care and he readily accepted.

On 8/28/07, a new ulceration developed over the left tibial prominence measuring  $3.4 \times 1.4 \times 0.2$  cm. Within one month on 9/4/07 the wound increased in size to 4.2  $\times 2.2 \times 0.3$  cm. Healing Touch (HT) was offered to the patient as an adjunct to his ongoing wound care and HT was initiated on 9/26/2007.

Nine sessions of Healing Touch were completed. Techniques utilized were the Bio-scaler wave (Valerie Hunt, PhD), Hands in Motion, Hands Still, 5th Level Intervention, and Sealing of Wound. On October 1, 2007, the patient was taught the Self-Chakra Connection (SCC). The patient stated that this technique (SCC) relaxed his legs and made his lower extremities feel calm. During his clinic HT sessions he stated, "I felt energy entering and then running through the circulatory system. I felt strings of energy coming off my left leg. I felt a soft breeze on my leg even though my leg was wrapped. I felt lightness and tingling at the ulcer site." On October 22, 2007, the wound contracted to 0.5 x 0.6 x 0.1 cm with complete healing achieved on 11/14/07.

## Conclusion

Healing Touch is a complementary medicine therapy which when combined with traditional wound care strategies, can positively influence wound healing via physical, emotional, mental and spiritual health pathways through an energy-based approach utilizing biofield therapy. We have incorporated Healing Touch into our wound care program with favorable results. Healing Touch should be considered a viable adjunctive therapy which can be easily added to wound care management protocols.

