

APPLICATION OF REIKI ON DEPRESSION IN NURSING: A LITERATURE REVIEW

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Introduction: Depression is a growing global mental problem which affects an individual's physical, psychological and social functioning. Reiki, a complementary and alternative therapy which activates the natural healing abilities of body and enhances the growth of psycho-spirituality of an individual, is increasingly used by health care professionals to help clients suffering from depression. Studies showed that Reiki had a positive impact to improve the mood and emotion of depressive clients.

Objectives: To assess the application of Reiki on depression in nursing.

Aims: To review literatures on application of Reiki on depression in nursing.

Methods: Databases of CINAHL and MEDLINE between 2000 and 2012 were searched using keywords of 'Reiki', 'depression' and 'nursing'.

Results: Three studies were found and relevant to the keywords. An experimental study was performed on older adults which revealed a significant reduction in depressive symptoms when compared with the control group without Reiki treatment. Two randomized clinical trials with control groups performed in community also had found an improvement of depressive symptoms, hopelessness, and stress in treatment, of which one of them had showed the continuity of Reiki effect lasted for a year.

Conclusions: Since evidences showed a positive impact of Reiki on depressive clients, it is suggested to perform Reiki treatment by nurses as an adjuvant therapy on depressive clients. Study on the application and effectiveness of Reiki is recommended so as to review the outcome and establish an evidence base for Reiki in nursing practice.