



## Near North Palliative Care Network (N/PS)

### Therapeutic Touch

#### What is Therapeutic Touch (TT)?

Therapeutic Touch is being recognized as a complementary comfort measure in many hospitals and homes. It is an energy interaction between two (2) people, based on the premise that the human body has an energy field. It affects the body, mind, emotions and spirit. Therapeutic Touch uses the laying of hands – it is not a massage.

#### What Does It Do?

Therapeutic Touch is known to relax and to reduce anxiety and pain. It is used to improve sleep and increase your well-being.

#### How Does It Work?

Therapeutic Touch is a non-touch and/or a light touch energy therapy. It is always individualized and usually lasts 15-20 minutes. The procedure will be explained to you by the volunteer. You will be asked if there is anything in particular you would like help with.

You will remain fully clothed, in a sitting or lying position. The volunteer will move his/her hands at a distance of a few inches from your body, although touching can be involved. You will be asked for permission to be touched during the therapy – you may refuse if you wish not to be touched.

#### How Will I Feel?

You will feel a deep sense of relaxation within a few minutes. You may fall asleep, which is fine. You will be asked to rest for 10-15 minutes afterwards.

You may stop the procedure at any time if you experience signs of energy overload- agitation, irritability, and anxiety, rapid breathing, headache or nausea.

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Your experience with Therapeutic Touch will be unique from others or different with each volunteer performing it.