

# Reiki at Fundão Hospital



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## Reiki Consultations at Fundão Hospital

In June 2013, a protocol was initiated between the Fundão Reiki Centre with Paula Roque and Cristina Afonso - as coordinators – and Fundão Hospital, for Reiki Therapy consultations. Over the years, 933 consultations were held. The denominators for the excellent job of the volunteer therapists from the Fundão's Reiki Centre, have been the patients between the ages of 10 and 79, the demand of issues related with anxiety, depression and oncology disease.

But how can Reiki practice be useful for Hospital patients and even the health professionals and the staff that works there?

As a natural, non-invasive method that promotes homeostasis, Reiki finds a warm welcome for the population, especially in regard to the decrease of pain, anxiety or even self-awareness.

But is it easy to initiate a Reiki project at a Hospital?

No it is not. It is a very demanding process that requires dialogue, responsibility and awareness. On the one hand, there is a great benefit of assisting patients with non-invasive therapy and making the patients an active and decisive part of their therapeutic pathway. On the other hand, there are a number of attitudes to be shaped by the Reiki therapist in order to match the regular functioning of a Hospital and also the understanding of health professional about the scope of Reiki practice.

Over the years of the existence of the Association – founded in 2008 – there have been several hospital where we have intervened, mainly in oncology projects and also in more than 100 institutions across the country. It is the valuable work of volunteers, coordinators and the very existence of the Association that has contributed so much to the credibility, public awareness and support of those who need it most.

I must also congratulate those responsible for the Reiki project at Faro and also the Reiki Therapy Volunteer Group at the "Amigas do Peito" Association at the Santa Maria Hospital.

We hope that in the future, we can do even more, with responsibility and with the same sense of duty, kindness and commitment that the volunteers of these outstanding projects have had. May they serve as an inspiration and motivation for all.

**João Magalhães**, Chairman of the Portuguese Reiki Association.

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## Vision

What motivated this project from the outset was the belief that Reiki should be in hospitals, since that is the first place where people turn to when they need help. The credibility Reiki gets for being in a hospital increases the acceptance of normal Reiki care and extends said care to a large number of people who would otherwise hardly use Reiki. The motto was to credit and dignify Reiki in Portugal.

These consults aim to support patients by providing differentiated care in the physical, mental and emotional areas, and there are added benefits and advantages for the patients, the Service, the Hospital and the NHS (National Health Service). Since Reiki is increasingly used as an adjunct to conventional medicine in various hospitals around the world, and also in Portugal – as is the case with this project – it makes perfect sense to institute a differentiated offer of consultations within a hospital and to have Reiki as a good practice in the NHS. Reiki teachings should be considered to be a preventive practice in health, helping to minimize costs and to enhance the treatments given by health professionals.

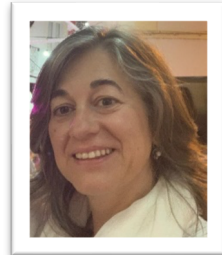
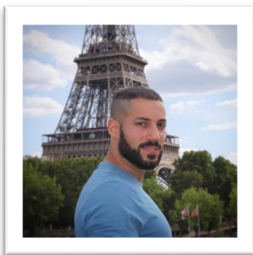
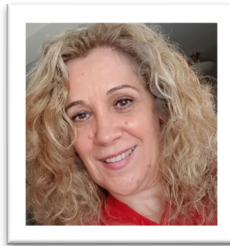
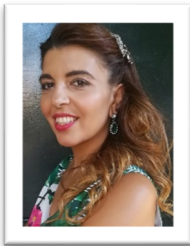
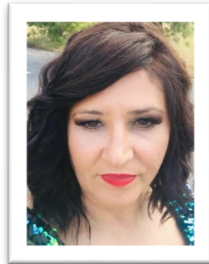
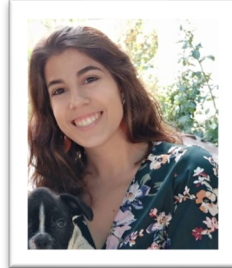
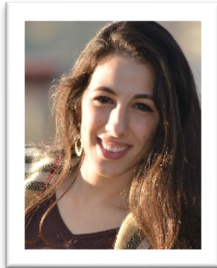
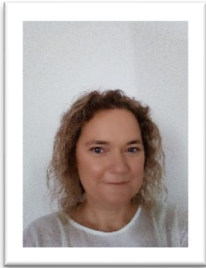
Being a complementary therapy, Reiki does not diagnose and does not replace conventional medicine, but it works as a supplement that helps and increases the effectiveness of medical treatments and brings a new dimension to the patients' health perceived as the importance of energy balance. By being in a hospital, it is also easier to connect with health professionals who refer patients more easily to this therapeutic specialty. A Reiki Query Model had to be created from scratch, as a specialty in external queries, since we operate in a field where there are not many role models. The mechanisms of the appointments are made, how it is logged, the follow-up time, how to define the high therapies, and so on, as well as the steps that the Reiki consultation should take have been defined. The team was also prepared for this purpose with the proper training of Reiki Volunteering in a hospital setting. This template is constantly improving. The inspiration to continue the work has been the ambition to achieve goals and the belief in what we are doing.

Due to the success of the results, there are patients who choose to do Reiki initiation right after the hospital consultation. These queries also serve to create the notion of responsibility and to learn to take care of themselves by changing the notion of "take care of me" to "I am responsible for my own health and I actively promote it".

In conclusion, this project lives up to the pioneering spirit of Fundão's Hospital. More than 30 years ago hosted the first palliative care unit in the country. Six years ago the Hospital has hosted Reiki's first appointment at a public hospital. Thirty years from now there will also be a Reiki's network in the NHS as there is now with palliative care. One is no alternative to the other, instead they complement each other.

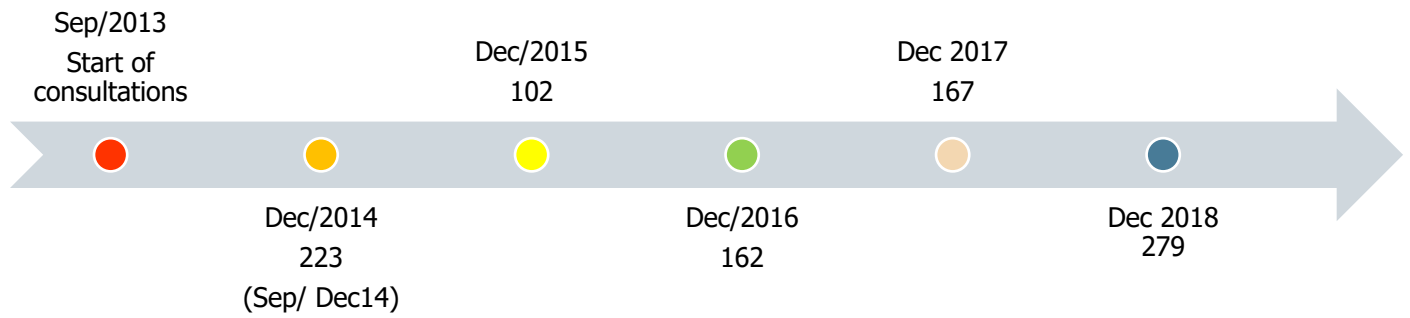
**Paula Roque**, Fundão's Reiki Centre Coordinator.

## The Team:



From left to right: Ana Pinto, Andreia Roque, Cristiana Mota, Cristina Cunha, Fernanda Amoreira, Helena Leitão, Inês Campos, Liliana Passos, Maria João Gonçalves, Paula Belo, Paula Roque, Pedro Belo, and Raquel Nunes.

# Appointment number timetable



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## Protocol Creation

### 2013

In June 2013, the Protocol was created between the Fundão's Portuguese Centre Reiki Association and the Cova da Beira Hospital Centre, which consists of volunteering Reiki consultations at the Fundão Hospital's external consultations.

In July, was held a Clarification Session for the professionals that work for the Fundão Hospital.

In August took place the coordination with the Patient Manager Service Coordinator, D. Lucrecia Nunes, responsible for the liaison between the Administration and the Centre – who prepared the offices for the external consultation, the day of the week and the schedule in which the consultations were held.



*Information at the entrance of the offices*

The Centre RAP defined the **consultation template to be applied at the hospital**, on a voluntary basis – 45 min for each consultation, which includes:

- Informed Consent signature: helps to clarify the scope of Reiki at the first consultation;

- Patient Record, where his/her medical history is recorded and the reasons for the consultation are understood; we assess the discomfort or pain before and after the consultation; we interpret the energy condition over time and set goals;
- Reiki application;
- We help the person to get up from the table, ask them questions and advise them to hydrate. We don't weave any considerations;
- We log in the Patient Record at the end of the appointment and book the next appointment, as appropriate;
- Reiki volunteer training in hospital setting with the team – we started with 3 volunteers;
- The team currently consists of 13 volunteer therapists: Ana Pinto, Andreia Roque, Cristina Cunha, Cristiana Mota, Fernanda Amoreira, Helena Leitão, Inês Campos, Liliana Passos, Maria João Gonçalves, Paula Belo, Paula Roque, Pedro Belo, and Raquel Nunes that every month do an amazing job.



**Como se sente?**  
Saudável, feliz, positivo, motivado?

se não é esse o caso..

**Experimente REIKI**  
e veja como se sente...

O Projeto Voluntariado Reiki, do Núcleo Regional da Associação Portuguesa de Reiki (APR), vai possibilitar que você experimente sessões de reiki gratuitas, no Hospital do Fundão.

Esta terapia é dirigida a todos os que estiverem interessados, colaboradores e doentes.

Para poder usufruir deste tratamento, deverá deslocar-se ao balcão de informações da consulta externa (HF), e inscrever-se.

As sessões de reiki, funcionarão às sextas feiras, durante o período das 16:00 às 18:00.

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Promotion made by the Marketing Department of the Hospital Centre

## ***September 2013***

Reiki consultations begin at Fundão Hospital.

- Fridays, 6 consults, from 4:00pm until 6:15pm.
- 2 therapists, 2 offices, each performs three appointments: 4:00pm, 4:45pm and 5:30pm.
- Consultations tracking: the assessment tools used at the time: Simple Practical Assessment, before and after each consultation.
- In the first week we gave four consultations with health professionals and two with patients who had made an appointment. For the following week only one vacancy was available. We conclude that from the first moment there was a good acceptance of Reiki consultations.



# 2014

## *January 2014*

- The appointments' schedule changed from 6:00pm to 8:1pm since it was more convenient for people to come outside of working hours.
- By early 2014 consultations were already being scheduled for March.

## *June 2014*

- Presentation of the consultations' Evaluation Report to the Director of the Cova da Beira Hospital Centre, which was very well accepted

Over the next few years, Reiki consultations continued and were always high in demand.

## 2017

- In March 2017, appointments were already being made of early September.
- There was a need to reorganize the appointments, which that allowed us to limit the vacancies for the first consultations, leaving the remaining vacancies for continuity consultations.
- This agenda reorganization was done in conjunction with the Hospital Management Service Coordinator.
- Also in March, the new Patient Record was created to be used for patient records.
- Invitation form the Cova da Beira Hospital Centre Board for the Reiki Consultations Project at Fundão Hospital to participate in the dissemination of innovative hospital projects in hospital care reform.

## 2018

- While there is still a lot of demand, in April of 2018 we went from 6 to 9 appointments per week, changing the appointment day from Friday to Saturday morning as there were more offices available.
- We went from 2 to 3 offices and have 3 therapists per week, each holding 3 appointments.
- In 2018 we held 279 consultations.
- Follow-up visits were made to 75 patients. Of these, 40 are still being followed.
- Of these, 85% (64) are female and 15% (11) are male.

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## Data on Reiki Appointments

### Age range at appointments

In 2018 we found the following age groups of participants in Reiki consultations at Fundão Hospital:

Age range	Patients
<b>10-19</b>	<b>16%</b>
20-29	7%
30-39	12%
<b>40-49</b>	<b>24%</b>
<b>50-59</b>	<b>26%</b>
60-69	8%
70-79	7%
Total	100%

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The largest number of patients attending Reiki appointments at the hospital are in the 50-59 age group – 26% - followed by 24% between the ages of 40 and 49 and 16% of patients are between the ages of 10 and 19.

## Problems that led to Reiki's consultation in 2018

Pathologies	Patients
Anxiety	10
Depression	7
Cancer Disease	6
Grief	2
Emotional Stress	3
Sight Problems, Pain	1
Multiple Sclerosis	1
Post-traumatic stress	1
Vertigo	1
Short attention span	1
Fibromyalgia	1
Sleep deprivation	1
Asperger's Syndrome (short attention span)	1
Self-worth	1
Muscular Atrophy	1
Kidney Condition (renal malformation)	1
Focal Erosive Bulbitis (nervous system)	1
Total	40

# 2019

## *January*

- The appointment time went from 45 minutes to 1 hour and was established at 10:00am, 11:00am and 12:00pm for all procedures.
- The patients with more urgent conditions are scheduled for further consultation with shorter time spans, e.g.: cancer cases and pain-related illnesses.
- In cases where the patient does not show willingness to make changes or difficulty in analysing the causes that led to their energy imbalance, the next appointments may be scheduled with a time span of 2 to 4 months. The discharges are analysed case by case, if the patient misses an appointment without any warning is discharged.
- The team is extended because every week there are 3 therapists on call who will give consultations at least once a month. The schedule is distributed at the beginning of each month.
- The weekly assignment of patients for each therapist is random and we have created a system that allows you to do so without knowing who stays with whom. There are never coincidences. Often, at the end of consultations, colleagues report these situations, as for instance having been (themselves) experiencing the loss of a family member and giving a consult to a patient who had been in a painful grief. So that day, that was the right therapist for that patient, since he would know exactly what the patient was going through. Just for today, I trust.

## **Rehabilitate and promote change**

- Reiki consultation is not mechanical. We can never forget to use all of our capabilities. Strictly, without folklore but knowing that each one's potential is unlimited.
- The purpose is to rehabilitate the patient and promote change in the way that patient perceives his/her health, and understands that the emotional and mental are connected to the physical and the importance of their involvement in the process is critical.
- The idea is to get to the root cause, to help the patient understand what led to a state of imbalance or illness. We balance energetically, we support the patient in interpreting their mental/emotional pattern that most conditions them, hoping that a change will happen.
- Reiki consultation at the Hospital works as a complement to conventional medicine. Doctors mainly send patients with anxiety and depression cases.

This document was presented at the Reiki Seminar, History and Science, promoted by the Portuguese Reiki Association on May 25th of 2019 in Lisbon.

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## Innovative project application

The Reiki project at Fundão Hospital was selected by the Board of Directors of the Cova da Beira Hospital Centre to participate in the dissemination of Innovative Projects in Hospitals, as part of the NHS reform.

In 2017, the Fundão Centre was invited to participate in the dissemination of innovative projects implemented in the NHS hospitals and participated in the selection of the 106 projects proposed at national level.

The National Coordinator for the NHS hospital care reform led the selection, of which 20 projects had final approval.

In the grounds presented to the excluded projects, the "Reiki at the Fundão Hospital" project was considered without evaluation criteria based on the priority areas.

We note as positive the board's perception to propose this candidacy and note that the subjective evaluation of Reiki is an aspect that needs to be improved.

We began to work on the use of more accurate assessment indicators and in accordance with the main pathologies presented for future use in new patient records in the hospital.

## Publication in the media

Despite this being a unique project in Portugal and even in Europe, there are very few reports on this work that already has had a duration of six years. The exposure we get is mainly done by the regional media.

### Fundão Newspaper – August 7<sup>th</sup>, 2014

7 DE AGOSTO DE 2014

JORNAL-FUNDÃO

ÀS SEXTAS-FEIRAS + NA CONSULTA EXTERNA

# Sessões gratuitas de Reiki no Hospital

■ As sessões de Reiki no Hospital do Fundão são um êxito e a lista de espera chega a ser de três meses

Lúcia Reis - JF

É UMA experiência inovadora a nível nacional e está a revelar-se um sucesso. Desde finais do verão passado (setembro), já passaram pelas sessões gratuitas de Reiki no Hospital do Fundão (Centro Hospitalar Cova da Beira) mais de 200 pessoas. "A lista de espera chega a ser de três meses", garantem as coordenadoras do Núcleo do Fundão da Associação Portuguesa de Reiki, Paula Roque e Cristina Afonso que são os principais rostos deste projeto inovador que continua a ganhar adeptos na região.

"Na nossa perspetiva, o Reiki faz todo o sentido nos hospitais, a exemplo do que já acontece noutros países", defendem as coordenadoras, informando que o Hospital do Fundão foi o primeiro do país a ter consultas de Reiki por marcação. "O Reiki é uma terapia complementar e atua no âmbito do campo bioenergético, visando estabilizar o fluxo de energia e proporcionar uma sensação de bem estar. Consideramos que faz todo o sentido complementar a medicina convencional com esta terapia, potenciando o restabelecimento mais rápido dos doentes", acrescentam.

As consultas são asseguradas em regime de voluntariado pelas coordenadoras do Núcleo e por mais sete terapeutas. As marcações são feitas na consulta externa do Hospital do Fundão, durante o horário de funcionamento ou através do telefone 275 330000. As sessões são sempre à sexta-feira entre as 18 e as 20 e 30. O Reiki é um procedimento que trabalha a energia vital, através de um tipo de energia que é uni-



Paula Roque e Cristina Afonso (ao centro) coordenam o Núcleo

versal e está em todo o lado. Através de uma formação adequada, o praticante transmite a energia Reiki através das mãos. "Consideramos o complemento das terapias com a medicina convencional muito importante e o nosso objetivo é divulgar e esclarecer as pessoas sobre o Reiki na nossa região", sublinham Paula Roque e Cristina Afonso.

Ao JF o presidente do Conselho de Administração do Centro Hospitalar Cova da Beira explicou que numa primeira fase as sessões de Reiki se destinavam especificamente a alguns colaboradores do Centro Hospitalar, mas que acabaram por ser alargadas a todos os interessados. "Trata-se de um proce-

dimento que disponibiliza uma abordagem complementar relativamente àquilo que é a abordagem da medicina convencional e decidimos alargar as consultas a quem quiser usufruir delas", sublinha Miguel Castelo Branco.

O Dia Nacional do Reiki é assinalado a 15 de Agosto e o Parque das Tilias acolherá várias sessões (abertas) até às 18 horas (basta levar um donativo para a loja social), palestras, tertúlias e um concerto de encerramento.

O Núcleo do Fundão está também a desenvolver um projeto semelhante ao do Hospital do Fundão com a Santa Casa da Misericórdia da Covilhã.



## **RADIO PROGRAM “E PORQUE HOJE É DOMINGO” – FUNDÃO CENTRE – October 8<sup>th</sup>, 2017**

The Fundão Centre was a guest of the radio program “E porque Hoje é Domingo”, from Rádio Cova da Beira (RCB).

We talked about the work done by the Centre and the projects being developed in Reiki Complementary Therapy. It was established with the Fundão Hospital the creation of the Reiki consultation service, which since 2013 has remained in this hospital unit. The majority of the patients - of the more than 600 consultations that have been made at Fundão Hospital – have been able to draw benefits from the initial questions that brought them to us, with positive results. The Reiki energy is perceived by the patient, whom in fact feels a change in his/her condition. In 2017 alone, 80 follow-up consultations have already been made, defined by the therapy to be used in each group of pathologies.

Who comes to us looking for this consults, ages and motivations were also the subject of this conversation.

Results have led more and more patients to schedule Reiki appointments at the hospital, some on medical advice.

We also talked about the importance of the implementation of regulatory mechanisms for professional Reiki practice. The Portuguese Reiki Association has normatively and formatively instituted these instruments for the correct practice of Reiki and for the safeguarding of the therapists.

We ended our conversation with information about the National Reiki Congress that took place on October 28<sup>th</sup>, at the Porto Customs.

Recording Link:

<https://www.mixcloud.com/dulcegabriel58/porque-hoje-é-domingo-8-de-outubro-2017-rcb-paula-roque/>

# ARTICLE ON PÚBLICO NEWSPAPER – SCIENCE DOES NOT RECOGNISE, BUT THERE ARE ALTERNATIVE THERAPIED WITHIN PUBLIC HOSPITALS – AUGUST 11<sup>th</sup> 2019

On P2 of the Sunday Público Newspaper of August 11th 2019, there was an excellent article written by Susana Pinheiro (journalist) about alternative therapies within public hospitals.

funcionam com a passagem de corrente eléctrica, na acupunctura feita pelos médicos, possam alterar o equilíbrio do corpo humano”.

## Reiki com lista de espera no Fundão

Actualmente, há três dezenas de médicos que praticam acupunctura no SNS, informa Maria do Rosário Alonso, apesar de, na última década, haver 400 médicos formados em todo o país; e de especialidades tão diversas como anestesia, reumatologia, de medicina geral e familiar, ortopedia ou estomatologia, divulga. “Não temos censos sobre isso. Os últimos são de 2015”, argumenta, divulgando que há 150 médicos inscritos na competência da OM, mas que não é obrigatório inscrever-se.

Entretanto, há uma pós-graduação em Acupunctura Médica na Escola de Medicina da Universidade do Minho desde o ano lectivo de 2012/2013; e na Faculdade de Ciências Médicas da Universidade Nova de Lisboa também se ofereceu esta proposta, avança o coordenador destes cursos, António Encarnação. “Foram formados, no total, cerca de 240 médicos”, revela. Mas o primeiro programa de formação reconhecido pela Ordem dos Médicos foi o do Instituto de Ciências Biomédicas Abel Salazar, no Porto, no ano lectivo de 2003/2004. “Não são abordados quaisquer conceitos de MTC, mas sim, no conhecimento detalhado da anatomia e fisiologia, e na correcta técnica de punctura, tanto com estimulação mecânica como com electroestimulação percutânea”, explica António Encarnação.

No Hospital do Fundão há lista de espera para as consultas de *reiki* que decorrem aos sábados de manhã, desde 2013, integradas nas consultas externas, informa Paula Roque, coordenadora do núcleo do Fundão da Associação Portuguesa de Reiki. Só em 2018 os três terapeutas voluntários fizeram 279 consultas a um total de 75 utentes, a maioria deles por ansiedade, depressão e doença oncológica. Actualmente, acompanham quatro dezenas. “Mas não fazemos diagnóstico médico. O *reiki* não é ciência e não substitui a medicina convencional e nem sequer é esotérico ou uma crença religiosa”, assegura João Magalhães, presidente da Associação Portuguesa do Reiki, na Amadora, que desenvolveu uma comissão nacional de *reiki*.

Segundo Paula Roque, qualquer pessoa pode telefonar para o hospital e marcar a consulta, mas muitos dos doentes são enviados por médicos devido a estados de ansiedade e depressão. “Funciona como um complemento à medicina convencional”, diz. No caso dos doentes

In the case of the Portuguese Reiki Association, the journalist reports on the work of Fundão’s Reiki Centre coordinator Paula Roque, who has had led Reiki consultations at Fundão Hospital since 2013, a unique project at European level.

It has been 6 years of continuous service at the Fundão Hospital, 279 Reiki consultations made, a very valuable and unique work that deserves all the congratulations.

The National Ethics Commission for Reiki Therapy was created by the Portuguese Reiki Association in support of regulation and conduct.

The provision of volunteering or even Reiki consultations in the NHS can be seen as an asset not only to the patients in pain but also to their caregivers.

The Portuguese Reiki Association has also been listening to the need of doctors to have scientific proof and for this very reason we have since 2012 instituted the Hayashi Reiki Research Award. Until this date there have been 20 laureates and we have a repository of over 200 articles, published in recognized academic journals.