

"High Touch For A



High Tech World"

NURSE'S TOUCH

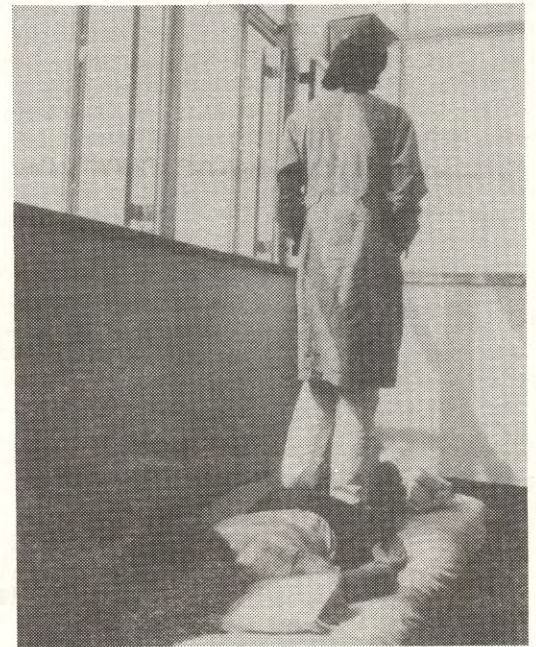
NEWSLETTER of the Georgia Association of Nurse Massage Therapists FALL 1988

WELCOME!

Welcome to this premiere issue of **NURSE'S TOUCH**. More than ever before people are becoming aware of the healthful benefits of loving touch. Dr. F. Talbot in 1941 coined the phrase "TLC" (tender loving care) from his observations of a grandmotherly hospital volunteer whose loving and cuddling of failure-to-thrive infants miraculously turned them around. He was mirroring a wonderment and appreciation from within the medical world of certain "non-medical" factors, notably touch, that greatly facilitate getting well and staying well.

That fascination lives on. Nurses involved in bedside patient care know the healing value of caring touch, and some learn massage therapy to optimize the therapeutics of their caring. From the early touch studies of Harlow with rhesus monkeys to the more recent research in the Therapeutic Touch of Dolores Krieger, RN, the scientific documentation and validation of touch therapies as a vital component of well-being are well established — and of course still growing.

The aim of **NURSE'S TOUCH** is to share with you this wonderment and fascination with healing touch modalities, and to help anchor them in the mainstream of healthcare delivery. Join us as we explore "high touch for a high tech world."



Nurse's Stand This nurse at the National Research Institute for Sports Science in China, is practicing a popular form of "foot therapy." (See Ann Eaton's article on page 2.)

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About The GANMT

The Georgia Association of Nurse Massage Therapists was formed by a group of nurses in Atlanta whose vision is to practically introduce the healthful benefits of massage therapy to the medical and greater community.

Its aims are to support those healthcare workers and lay people who recognize the "hands on" aspect of the healing process in networking with each other and to create a base from which to sponsor body-work related educational programs. The Association currently has projects involving:

- the establishment of massage therapy as a hospital-sponsored employee benefit
- workshops on the Therapeutic Touch of Dolores Krieger, RN
- compilation of research papers that document the positive effects of body work/Therapeutic Touch in the hospital, industrial, and corporate settings.
- a speakers' bureau to address medical and non-medical groups about massage therapy.

You don't have to be a nurse or a massage therapist to join the **GANMT**. Your support and involvement are welcome!

CHINESE MYOTHERAPEUTICS

by ANN EATON, LPN, LMT

In a quest for further understanding of how the human body functions and the various methods of myotherapy available for that human body, I ventured to China in April, 1988. What I discovered was how tenacious the human **SPiRiT** can be under the harshest environmental and governmental conditions.

Our group consisted of fifteen massage therapists, sports trainers and physical therapists from around the nation. The purpose of the trip was to learn various Chinese massage techniques for sports injuries. The techniques included oriental originals of our Westernized neuromuscular therapies. We have borrowed much from these ancient healing techniques, but then, touch is universal and not restricted to a particular population.

A fascinating concept was the "foot therapy" technique used by nurses in the Chinese hospitals. This consists of having the patient lay prone on a mat on the floor and having a barefoot nurse use her feet to manipulate the muscles of the patient. The nurse would sometimes stabilize her balance by holding on to a nearby windowsill or wall and standing, full-body, on the patient's gluteals or hamstrings and rocking from right foot to left foot, back and forth. It was really a non-painful experience when done by the professional nurse, but not quite so therapeutic when attempted by those of us in the learning group. The nurses spend several years in training to learn this particular therapy and it seemed to be very effective in relieving contracted large muscle groups.

Most of the doctors in China which we observed are well-versed in many healing modalities. They practice myotherapy, chiropractic, traditional Chinese and some Western medicine. The blending of old and new techniques assures the patient of complete, if somewhat hurried, treatment. The total overview of what made the patient get sick is recognized as part of the treatment, not merely the dispensing of pills or prescriptions. Chinese medicine relies heavily on natural herbal remedies and participation of family members in the treatment as much as

possible. The massive population necessitates self-and-family care in most instances.

Our group was encouraged to participate in the treatment of process in the hospitals and clinics and we all felt privileged to work on the Chinese people. They are gentle, shy individuals who felt very "honored" to have an American treat them. In contrast, there were many young Chinese athletes with sports injuries and their treatment generally consisted of soft tissue manipulations by the doctors available. Athletes in China are a secal group and are almost reverd by the general public. They are intense individuals whose focus in life is to excell in sports for the honor of their country. The star athletes we met were only treated by the most proficient and experienced doctors available. Sports excellence is one of the very few ways that some people of China can escape their commonality and achieve freedom from the farm life.

The parts of Beijing we were honored to visit are, by American standards, the poorest of the poor in America. But in China, this is the lifestyle of the common people, the majority of the population. These people are faced with unbelievable hardships concerning housing, food and freedom. But, despite their struggle for survival, the Chinese have a strong family structure, pride in their accomplishments and a dignity that glows through their worn clothing. A nod of the head, a shy smile and grateful hand-pats were our precious rewards for treating their aching muscles.

Our group went to China to learn Chinese myotherapeutic techniques. We already knew the basic ways of soft tissue manipulations and perhaps we did learn to use them in a slightly different way during our trip. But what we learned was what life itself teaches. Each individual person is worthy of our compassion and dignity and reverence for the life they are. During our fascinating experience in China we learned that our massage **TECHNIQUES** were not important. It was our **TOUCH** that spoke the common language.

SERVICE THROUGH TOUCH

by MICHAEL COONEY, RN

Three words, Service Through Touch, evoke a unique image in the minds of many persons, both professional massage therapists and "lay" people—people who have been exposed to this special method massage as either giver or receiver. Similarly, the name Irene Smith evokes a personification of an offering of the heart through the hands. She is a person who gives in a special way, through massage, something which is at the same time both magical and so simply human.

Service Through Touch is a very specific type of massage which is offered to persons experiencing life-threatening illnesses, or perceived life-threatening states, including persons with compromised immune systems and Acquired Immune Deficiency Syndrome (AIDS). A Certified Massage Therapist since 1973, Irene has felt a call to answer a particular need in the San Francisco Bay Area, her home, and an area which has seen thousands of persons affected by the AIDS virus. During the past five years,

she has trained hundreds of people in communities throughout the country to provide a method of massage specific to the needs of this particular group of people . . . people having unique physical, emotional spiritual needs . . . people in various stages of dealing with their own mortality.

Irene shared her 2½ day seminar in Atlanta in August. Extremely well organized, the seminar prepares the care giver to massage in an effective, client specific manner, making special considerations for each individuals' state of mind and physical health. Numerous AIDS-related topics are also covered, including basic AIDS education, equipment care, precautions to follow in working with opportunistic infections, relating to the neurologically impaired and bedridden client, and some emotional and physical preparations recommended prior to working with persons with AIDS (PWA's).

Roberta Hanus M.S.W. of Pacific Presbyterian Medical Center, San Francisco stated the following:

"Irene's massage program has proven to be an important and necessary component to our AIDS program . . . Not only does it benefit the physical and emotional needs of the patient but subsequently supports the work of the nursing staff and physicians."

As a former participant in one of Irene's three-day workshops I can attest to the fact that she is a true professional with much to offer. It is my sincere hope that more persons' lives can be touched by her and by her very special Service Through Touch.

More information on various services offered can be obtained by writing:

Irene Smith
41 Carl Street #C
San Francisco, CA 94117
Phone: 415-564-1750

KENNESTONE HOSPICE IN TOUCH

by ANN EATON, LPN, LMT

The effects of touch on the person in pain were explored in a workshop given on October 10th to approximately twelve volunteers and four staff members at Kennestone Regional Hospice. Since none of the people in attendance were familiar with the theory and concept of massage therapy and its effects on the human body, the workshop began by discussing the electrical system and cellular processes and what happens when we are touched by another person.

Included in this part of the workshop was an exploration of the anatomical and physiological functioning within a theoretical "piece of skin" one inch square and one-eighth inch thick. People were amazed to learn of the millions of cells present in such a small area of the skin. They were also intrigued by the concept of the human body being surrounded by an electrical energy field and how each human cell is really a tiny battery complete with positive and negative poles and ion movement. With the help of visual aids such as posters, diagrams and paper "skin", the participants were given a basic understanding of how the incredible body functions.

The next part of the workshop was devoted to demonstrating the various massage techniques appropriate to the person in pain. These included petrissage to the shoulders, gentle compression of the extremities, including hands and feet, gluteal circular friction, palm circles on the back and "energy soothing" of the electrical field. The techniques were first demonstrated on a volunteer (everyone wanted a chance to sit in the demo seat!) with explanations of how stress is stored in particular areas of the body, and how a person in pain with a terminal illness is constantly in stress. After the demonstration, all participants were paired up with a partner and practiced

on each other. By allowing people to experience the sense of touch, they were able to understand how the patient might respond after sitting in a wheelchair or being confined to bed for hours. Emphasis was given to sharing the experience of being "in touch through touch" and helping those present to understand the necessity of respecting the patient's pain tolerance and being aware of the responses of the person who cannot verbally communicate. Participants had the opportunity to actually feel a change in the atmosphere of the room during their hands-on experience with each other. It was moving to watch their faces light up as they came to recognize their own interaction with another's energy field and how they could influence the serenity and peacefulness of someone in an illness situation.

The workshop, "EFFECTS OF TOUCH ON THE PERSON IN PAIN" was a deeply stirring, yet delightful moment for all present. The participants were eager to learn how they could reduce pain and stress, alleviate their patient's sense of physical isolation, give non-verbal comforting, and improve the quality of their patient's limited lifespan. The physical interaction between the Hospice staff and volunteers during this workshop more closely melded their relationship with each other and added to the already-present feeling of precious community.

It was my great joy to present this workshop to Kennestone Regional Hospice. There was mention of the possibility of including the presentation in the hospice training sessions given twice yearly for new volunteers.

Hospice volunteers and staff are deeply caring individuals who have tender compassion for their weary companions through loving touch.

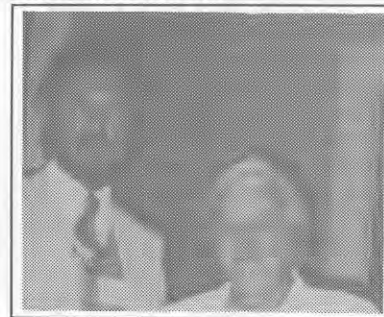
THERAPEUTIC TOUCH IN ATLANTA

Stay tuned for a GANMT-sponsored Therapeutic Touch workshop in Atlanta lead by Janice Blitzer, MPT, who studied with Dolores Krieger, RN, developer of Therapeutic Touch.

Therapeutic Touch is a hands-on assessment and treatment modality taught in several nursing schools in the U.S. that is effective in pain management reducing anxiety, and wound healing.

It has been effectively used with pre-open heart patients, in orthopedics, obstetrics and in the neonatal ICU setting. Besides subjective reports of increased feelings of well-being and pain relief, there is also objective data showing direct physiological changes as a result of Therapeutic Touch treatments, such as increased hemoglobin levels.

Target date for the workshop is January 28. More info to follow.



Andy Roman, RN, of the GANMT, with ANA president Lucille A. Joel, Ed, RN at the luncheon sponsored by Rizer Pharmaceuticals.

HOBNOBBING AT DELEGATE LUNCHEON

On July 17 before the Democratic National Convention, Andy Roman, RN, LMT, of the GANMT attended an ANA luncheon held for nurse delegates and political friends of nursing. Max Cleland, Georgia's Secretary of State and outspoken friend of nursing and massage therapy was also present.

During the convention, the GANMT, in conjunction with the ANA's health promotion campaign, set up a stress reduction booth with mini-massages and assorted literature for conventioners and the public. This was the first time massage therapy was presented under the umbrella of a national nurses' organization. "This confirms the shift in awareness of massage therapy from something merely luxurious to a practice that is healthy, and that's wonderful," says Andy.



Gayle Fuss, RN, massages at the GANMT/GNA health promotion tent at the Democratic National Convention. Kaia Roman looks on.

OUTREACH MESSAGE NETWORK

The purpose of the Outreach Massage Network is to create the opportunities for dialogue between massage therapists, persons in compromised physical conditions, and those who care for them. These include senior citizens, Hospice patients, persons with AIDS and their families, friends and health care volunteers and professionals.

If you are in one of these groups or know of someone who is, we invite you to let us know how we can be of service to you by helping you include therapeutic massage in your wellness program. We are available for consistent hands-on volunteer work as well as lecture/demonstrations of therapeutic massage for those currently involved in giving care.

If you are a massage therapist interested in joining the Outreach Massage Network as a hands-on volunteer, lecturer, or to help with the organization, we need you and we will respect your schedule. To volunteer, please contact: **Ms. DONNA KING 266-1704**

Georgia Association of Nurse Massage Therapists

Yes, I choose to join the GANMT. I say "yes" to "high touch" in wellness and educational and practical mainstreaming of such. Enclosed is my annual membership fee of \$20.

Make checks payable to: c/o GANMT / 4172 Shiloh Ridge Trail, Kennesaw, GA 30144

Name _____

Address _____

City _____ State _____ Zip Code _____

Phone _____

TOUCH NOTES

- At the Presbyterian Medical Center in NYC, in a program of regularly administered gentle handling of infants, it was concluded that loving touch directly initiates
 - 1) increased weight gain,
 - 2) reduced fearfulness,
 - 3) increased ability to withstand stress,
 - 4) strengthened immune system"... gentled (infants) respond with an increased functional efficiency in the organization of all systems of the body." (Hamilton 1979)
- Patients receiving care from nurses who consciously implemented a program of touch to express their "intent to support and help" showed significant improvement over a control group who did the same touching without the same intent (Krieger 1975)
- Women in labor who receive more direct tactile care before and during labor tend to be more lovingly in touch with their babies, who in turn show significant reduction of birth-related stress. (Isaacs 1980)
- In Kingsley Hall Psychiatric Clinic in London, where conventional verbal approaches had failed in treating emotionally disturbed adolescents, a program of regular social tactile experiences showed marked individual improvement and dramatically reduced incidents of vandalism, theft, and violence. (Laing 1966)



GEORGIA ASSOCIATION OF NURSE MASSAGE THERAPISTS

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KENNESAW, GEORGIA 30144

"... THE PART CAN NEVER
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— PLATO, CHARMIDES