

Research Project conducted by: 2011-2012
NWOSU Senior Nursing Research Students

BIO-TOUCH IS “JUST TOUCH!”

Bio-Touch :

- Is a simple, hands-on healing technique utilizing a light “butterfly-like” touch.
- Can be used to address any type of health concern
- Associates use the first two fingers of both hands to lightly touch specific points on the body



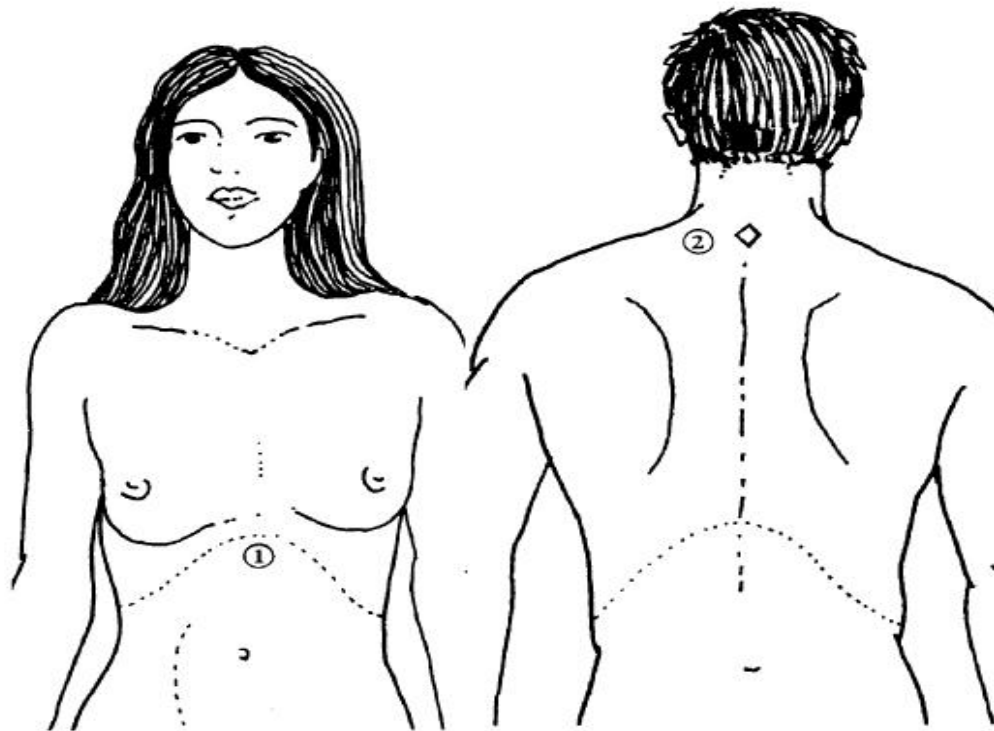
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The Greeting

The *Greeting* is always performed at the beginning of each session, prior to addressing any other area of the body. It seems to establish a harmony between the associate and the recipient.

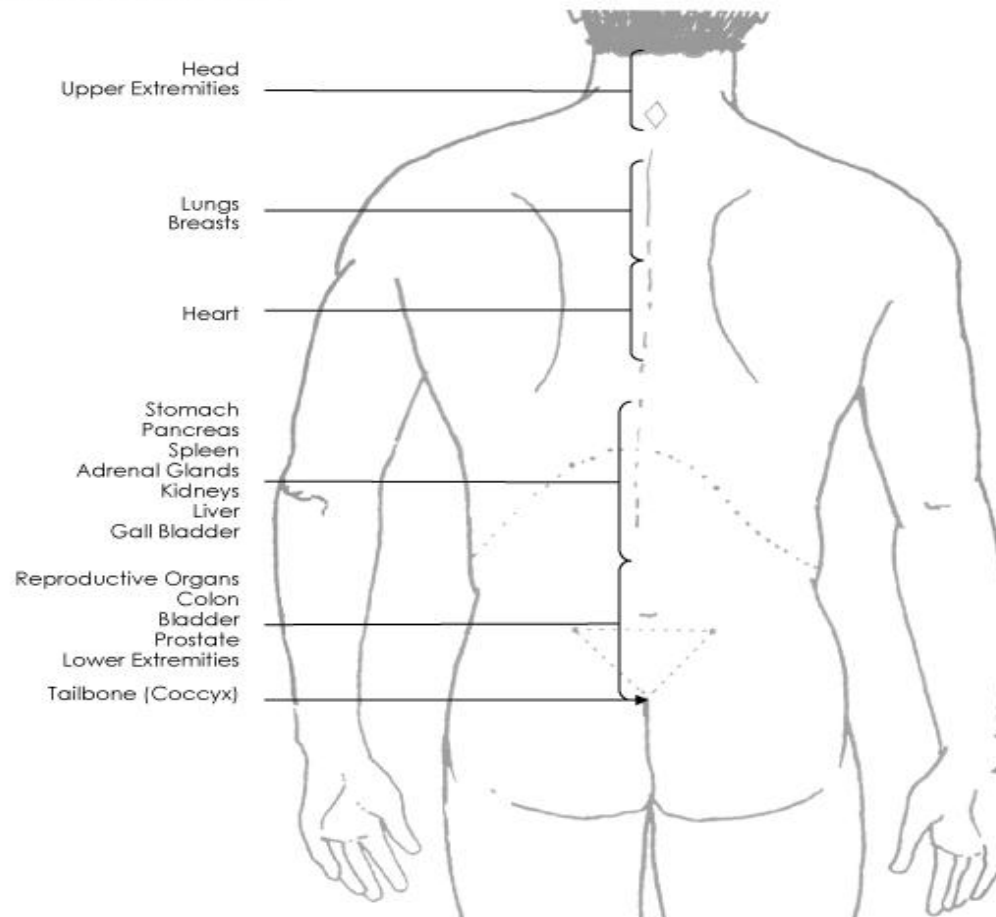


Use dominant hand to touch both points.
Touch point 1.
Then touch point 2.

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Back

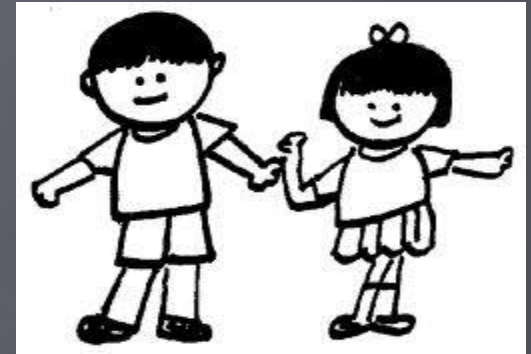
The *Back* set may be used to address any specific conditions concerning the back, such as pain or injury, as well as disorders related to the central nervous system. Also, because of the nature of the nervous system, it may be worked in conjunction with addressing conditions in other areas of the body. For this reason it is important to understand the significance of the back and spinal column in relation to the application of Bio-Touch™.



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Bio-Touch:

- Is easy to learn
- Is a complement to any healthcare program
- Has no levels of ability – everyone is effective the first time they touch
- Requires no special preparation, belief or state of mind to be effective



Bio-Touch is “Just Touch!”

Literature Review:

Dr. Kenna Stephenson, M.D., F.A.A.F.P

- University of Texas Health Center
- 96.6% of sample were Female, Small sample size, Post-menopausal women
- Short Form 36 Quality of Life Questionnaire-looks at 8 domains
 - Physical Functioning, Role-Physical, Bodily Pain Index, General Health Perceptions, Vitality, Social Functioning, Role-Emotional, Mental Health Index
- Salivary cortisol readings and Skin punch biopsies
 - Determine Interleukin 6 and 12 levels
- Improvement in cortisol circadian rhythms
- Down regulation of IGF-1 following Bio-Touch
 - IGF-1 is a hormone involved with oxidative stress, glucose metabolism and regulation of pro-inflammatory cytokines
- Increase in interleukin levels
- Bio-Touch performed once weekly-improved Quality of Life scores in all 8 domains at 8 weeks of treatment.
- A sustained effect was shown in 5 domains, 4 weeks post Bio-Touch
 - Bodily Pain, Social Functioning, Vitality, General Health Perceptions, and Mental Health Index.
- High degree of patient acceptance
- Low potential for harm
- No equipment needed-no special requirements

Bio-Touch is “Just Touch!”

Literature Review:

Gary Schwartz PhD. et. Al.

- University of Arizona
- Quantitative Level IV non-experimental study
- Around 600 participants-Self reports after the BMTH
 - Rate: feeling good, relaxation, energy, stress, and primary/secondary/tertiary pain.
- Standardized Forms

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Gary Schwartz PhD. et. Al.

- Experiment 1-Survey of four locations
 - Hawaii, California, Arizona, and Amity
 - Decrease in Restlessness and stress – Increase in energy and relaxation following Bio-Touch
 - Replicated over four locations AND over Sex of recipient
 - Decrease in pain within session
- Experiment 2-Cardiovascular Correlates
 - Arizona and California
 - Restlessness, stress, and pain decrease – Feeling cared for and relaxation increases
 - Decreases in cardiovascular responses occur with Bio-Touch
- Experiment 3-Role of Touch in Bio-Touch
 - Students of University of Arizona
 - Novice undergraduate students
 - Students prefer direct skin-to-skin contact.

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Literature Review – Strengths :

- Research can be implemented in any setting
- Bio-Touch uses a theoretical framework based on touch and caring
- High degree of patient acceptance
- Low potential for harm
- No ‘special’ equipment needed
- No ‘special’ room requirements
- Practitioner Training is ONLY requirement



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Literature Review – Weakness:

- The way people perceive pain, stress, level of anxiety and depression is variable
- Limited to working women interested in CAM therapies
- The trained individuals who performed bio- touch may not have all done bio- touch the exact same way

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Study Design:

- Quantitative
- Partially controlled
- Descriptive Study
- Level IV
- Before and after measures



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Protection of Participant Human Rights

Accomplished by:

- Verbal explanations & education
- Informational materials handed out
- Oversight & surveillance of participants
- Informed consent signed
- Verbal guidance during Bio-Touch



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Protection of Participant Human Rights

PROCEDURE AND CONSENT

When I arrive at the Bio-Touch Research Area I will be asked to fill out a simple questionnaire. I will list one area of specific pain at that time.

I will then sit on a chair.

The practitioner will touch me on the stomach area lightly with two fingers. I will need to give them access to my skin in that area.

Then the practitioner will touch another series of points on my skin around the neck and head area.

I shall receive a standard Bio-Touch for the concerns I have given to the practitioner, only if it is accessible to be touched. There will be no removing of any clothes.

I may experience a “tickling” sensation from the touch.

After the session I shall answer the post-session questions and leave the questionnaire in the designated box.

I have read the following and agree to participation in this project.

Print name:

Signed name:

Dated:

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Protection of Participant Human Rights

Each student practitioner signed an agreement to “agree to protect human rights” prior to Bio-Touch Participation.



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Protection of Participant Human Rights

REVIEW OF HUMAN PARTICIPANTS RESEARCH NWOSU

Title of project:

The Use of Bio-Touch in increasing well-being and decreasing stress

I agree to provide the proper surveillance of this project to ensure that the rights and welfare of the human participants are properly protected. Additions to or changes in procedures affecting the participants after the project has been approved will be submitted to the committee for review.

PRINCIPAL INVESTIGATOR(S):

(if student, list advisor's name last)

Dr. Carole A. McKenzie, CNM, RN _____

Typed Name

Signature _____

Typed Name

Signature

Typed Name

Nursing _____

Department _____

Carter Hall Nursing Administration

Signature

School of Professional Studies

College

Faculty Member's Campus Address

Campus Phone Number

Student's Address

Phone Number

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Study Design

- Before and After measures:
 - Restlessness, Stress, Pain, Cared For, Relaxed
- Rated
 - not at all
 - a little bit
 - somewhat
 - quite a bit
 - very much
- Each term was then ranked from 1 to 5 respectively.

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Sample Characteristics

- Mean age: 25 years
- Most common age (Mode) 19
- Maximum age 73
- Minimum age 18
- Gender: 130 Females
115 Males
4 Unknown

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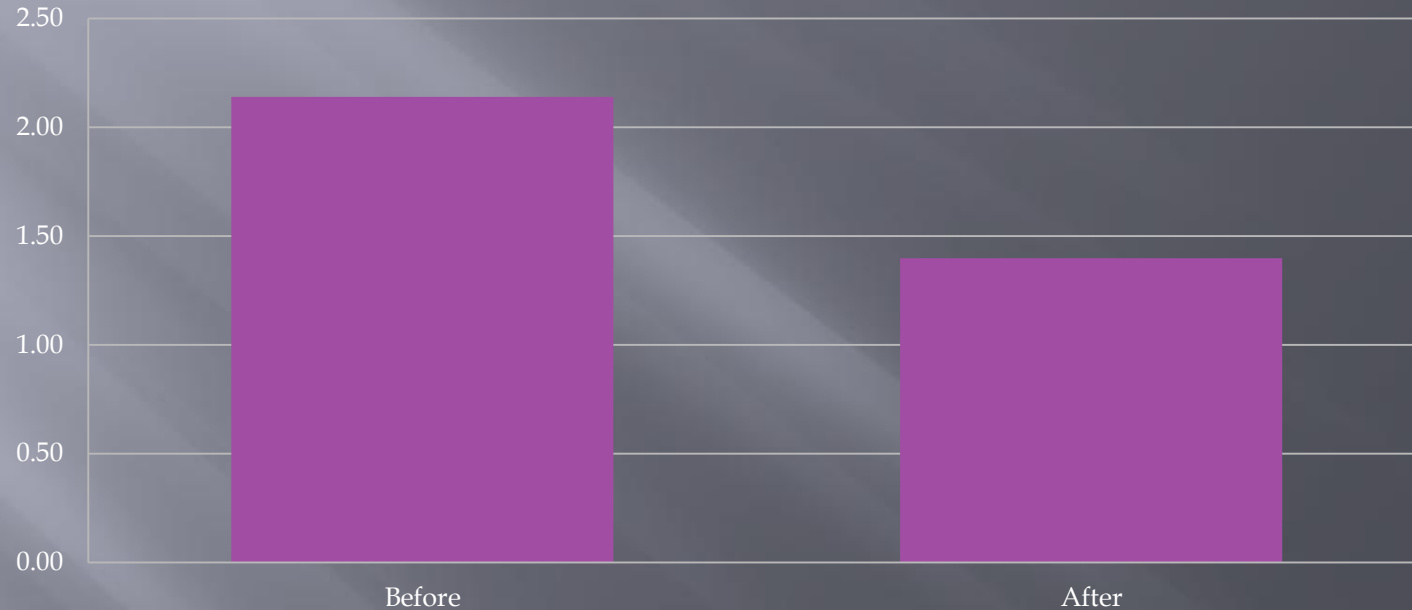
Sample Characteristics

- 52.2 % Females
- 46.2% Males
- 1.6% Unknown



Data Analysis: Restlessness

Restlessness

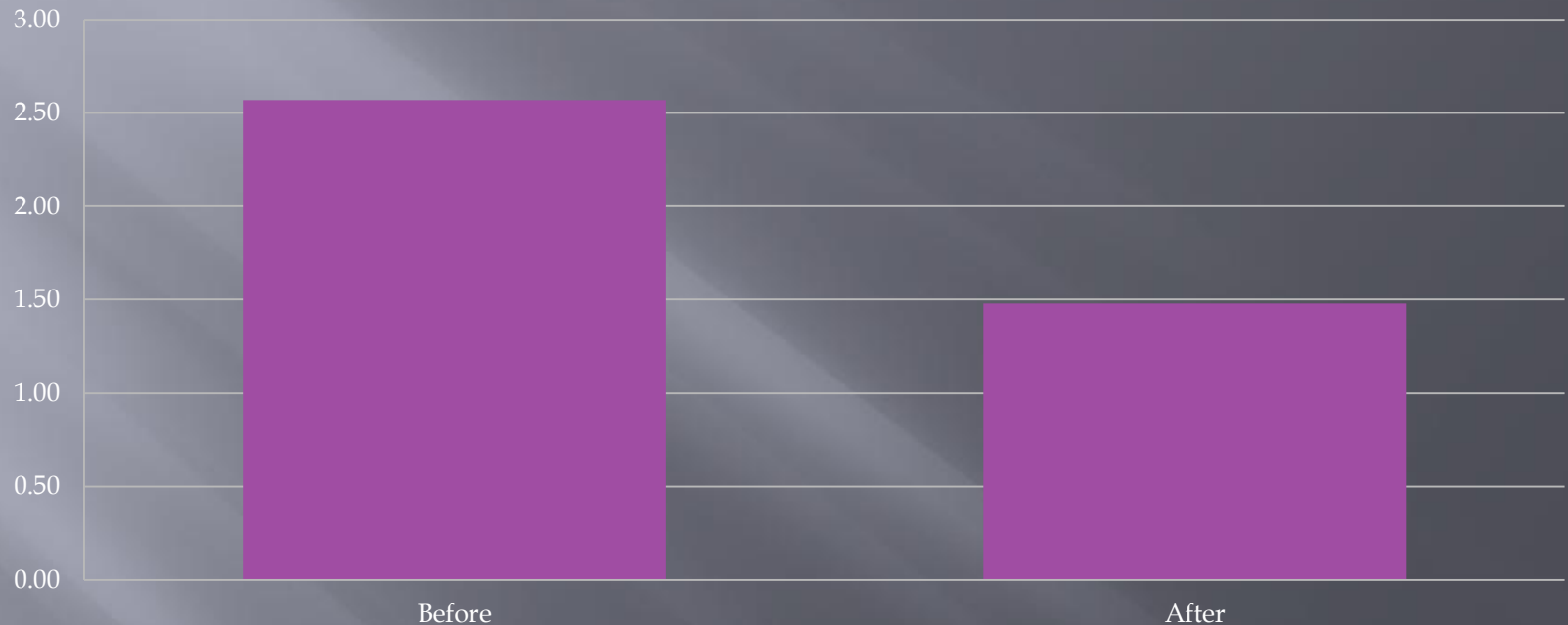


There were 247 participants who filled out this part of the survey. The mean of restlessness before was 2.14 while after was 1.40.

$$p < .0001$$

Data Analysis: Stressed

Stressed

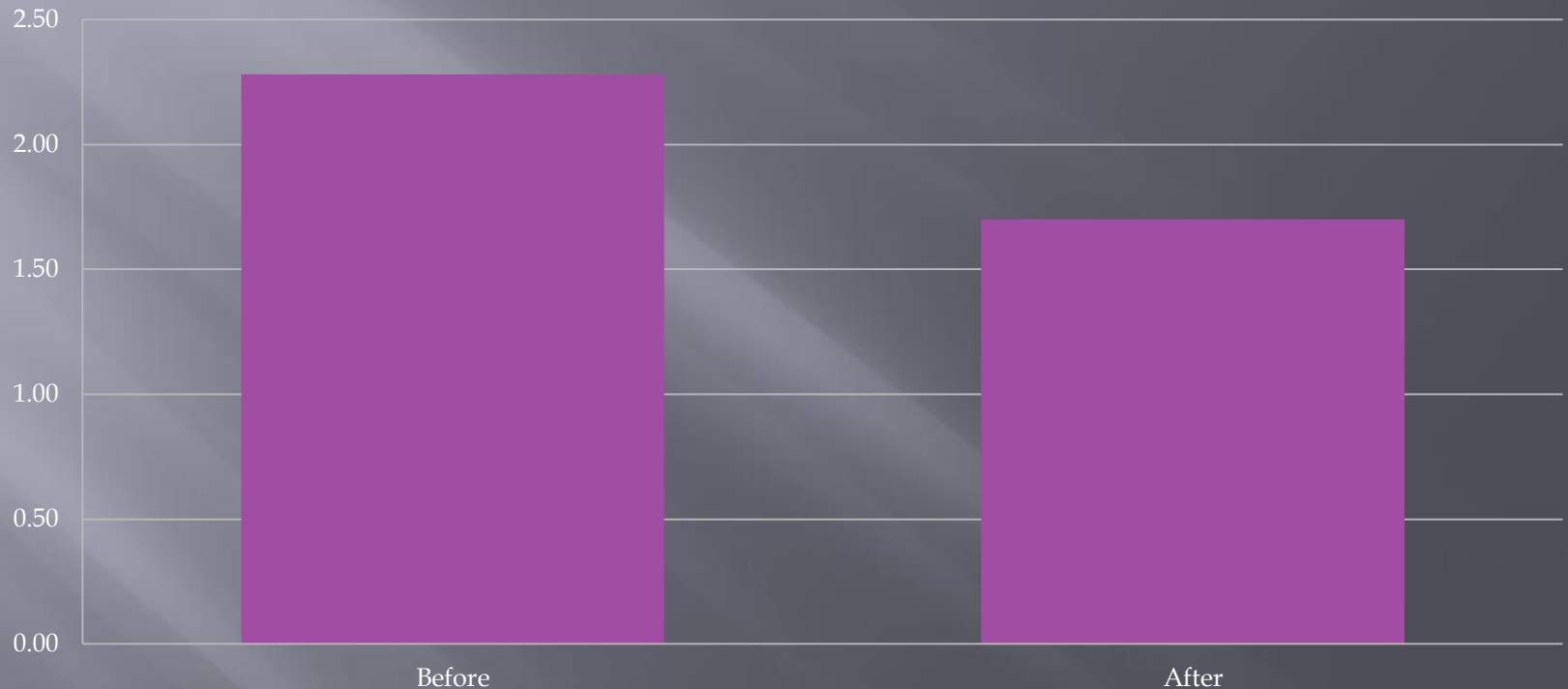


There were 247 participants who filled out this part of the survey. The mean of stress before was 2.57 while after was 1.48.

$P < .0001$

Data Analysis: Primary Pain

Pain

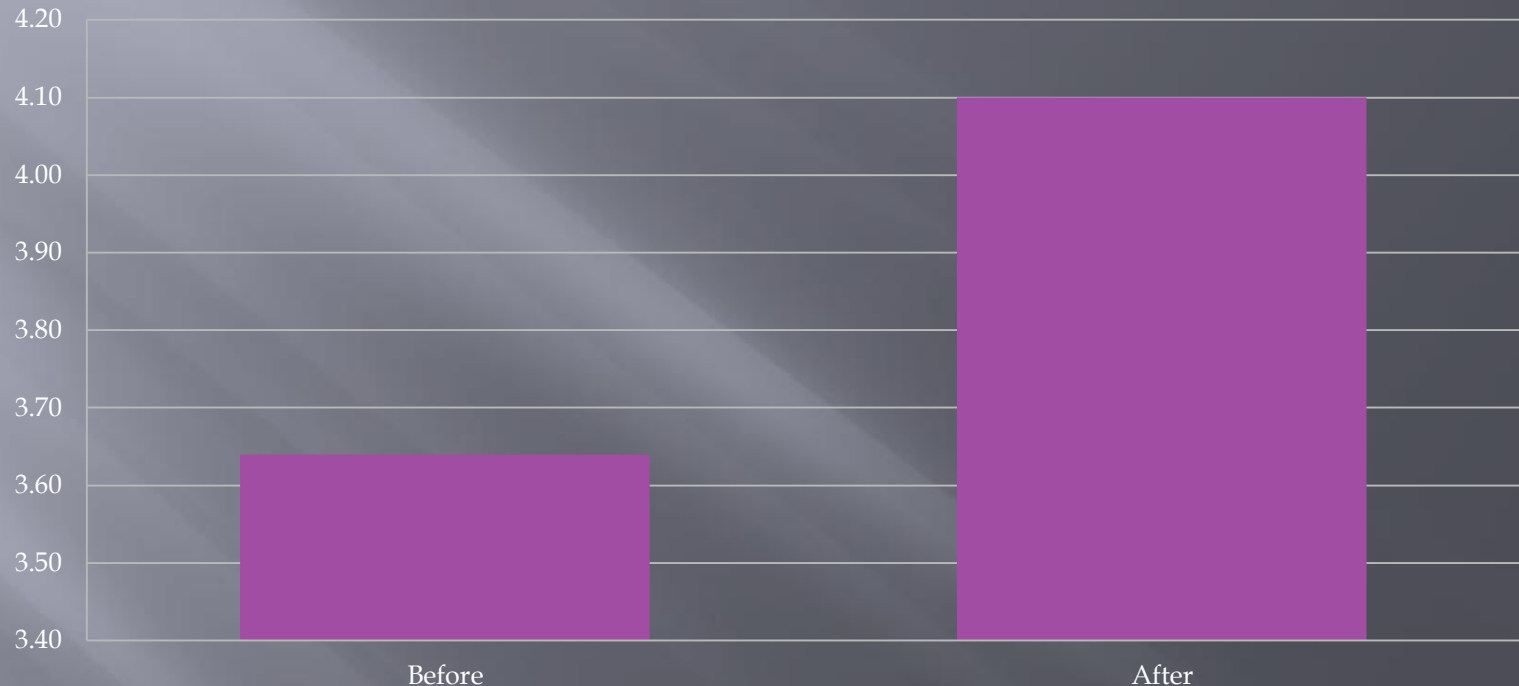


There were 245 participants who filled out this part of the survey. The mean of primary pain before was 2.28 while after was 1.70.

$P < .0001$

Data Analysis: Cared For

Cared for

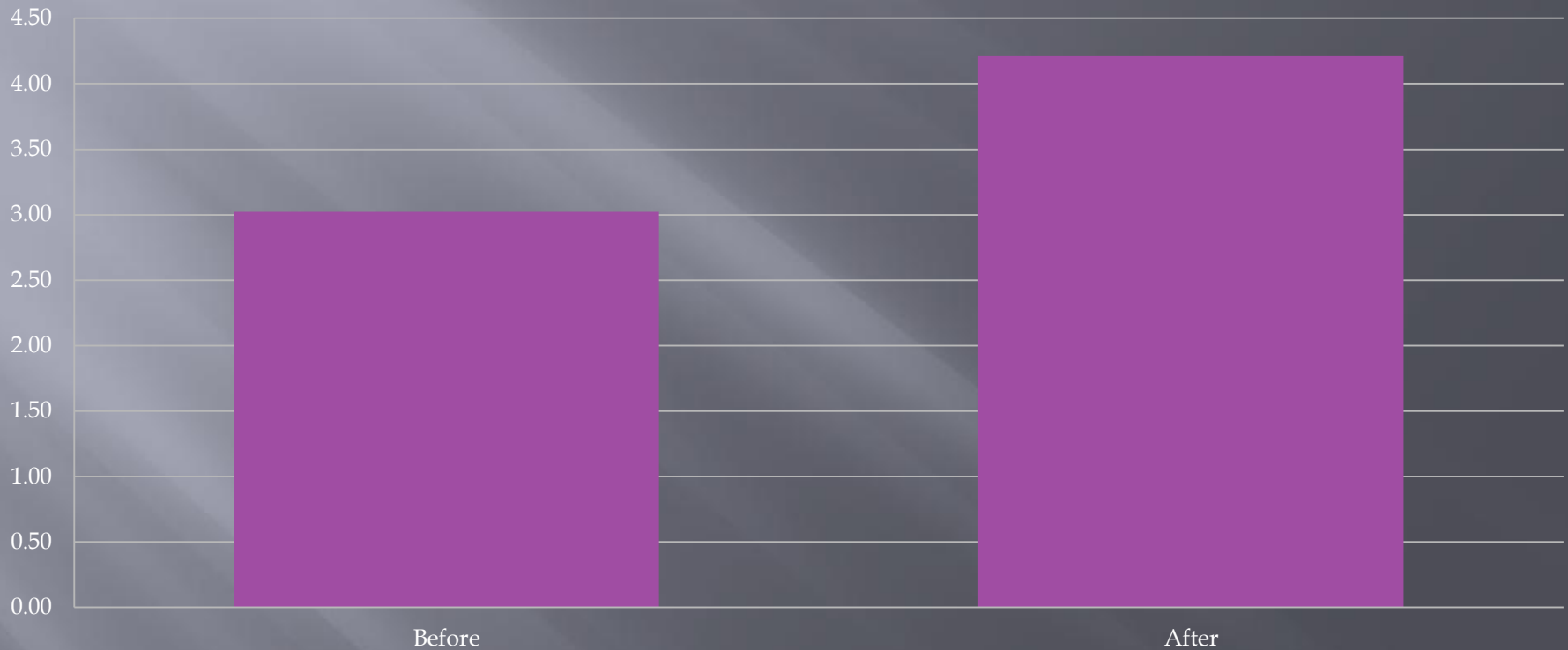


There were 244 participants who filled out this part of the survey. The mean of feeling cared for before was 3.64 while after was 4.10.

$P < .0001$

Data Analysis: Relaxed

Relaxed

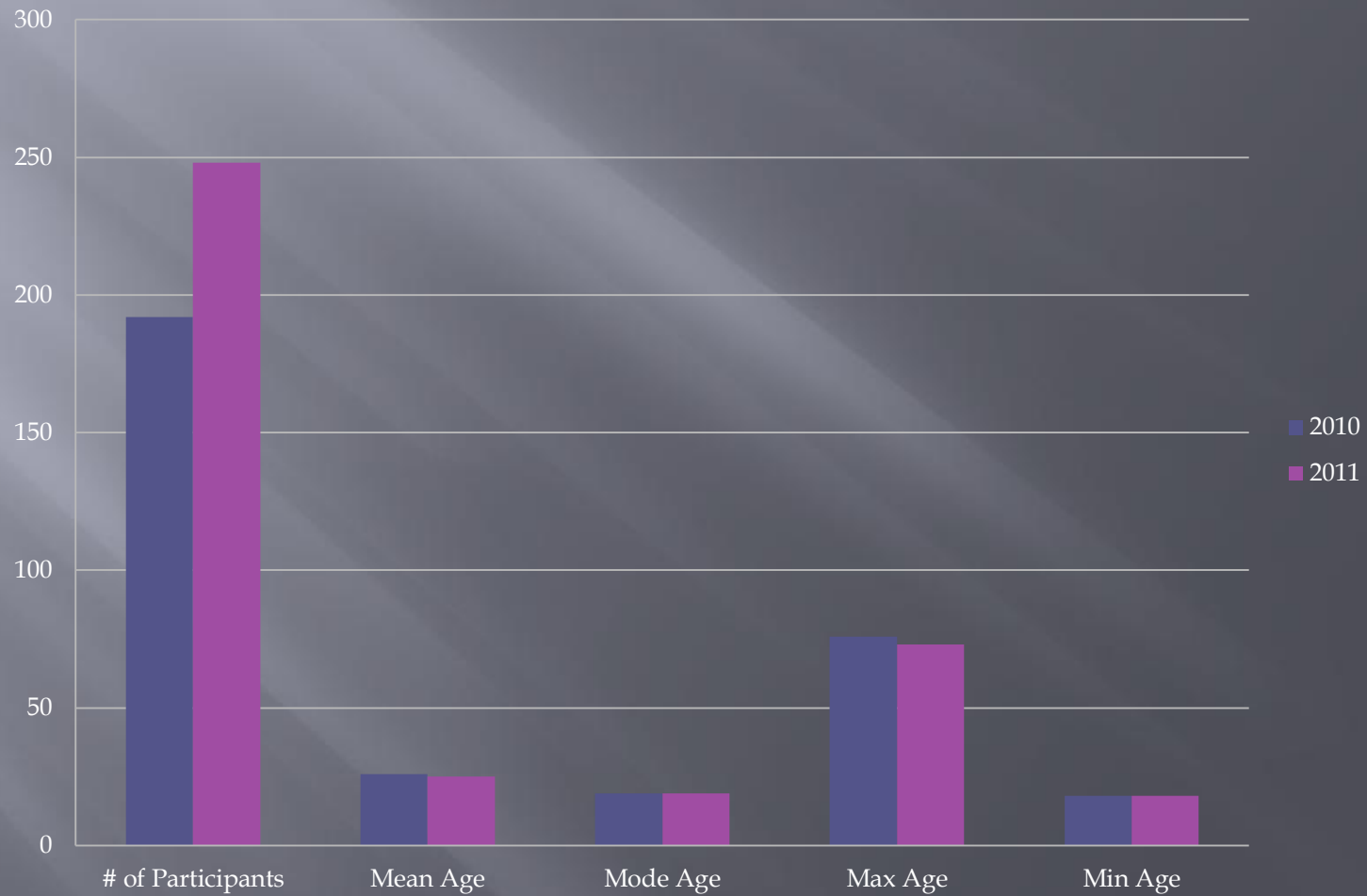


There were 245 participants who filled out this part of the survey. The mean of relaxation before was 3.02 while after was 4.21.

$P < .0001$

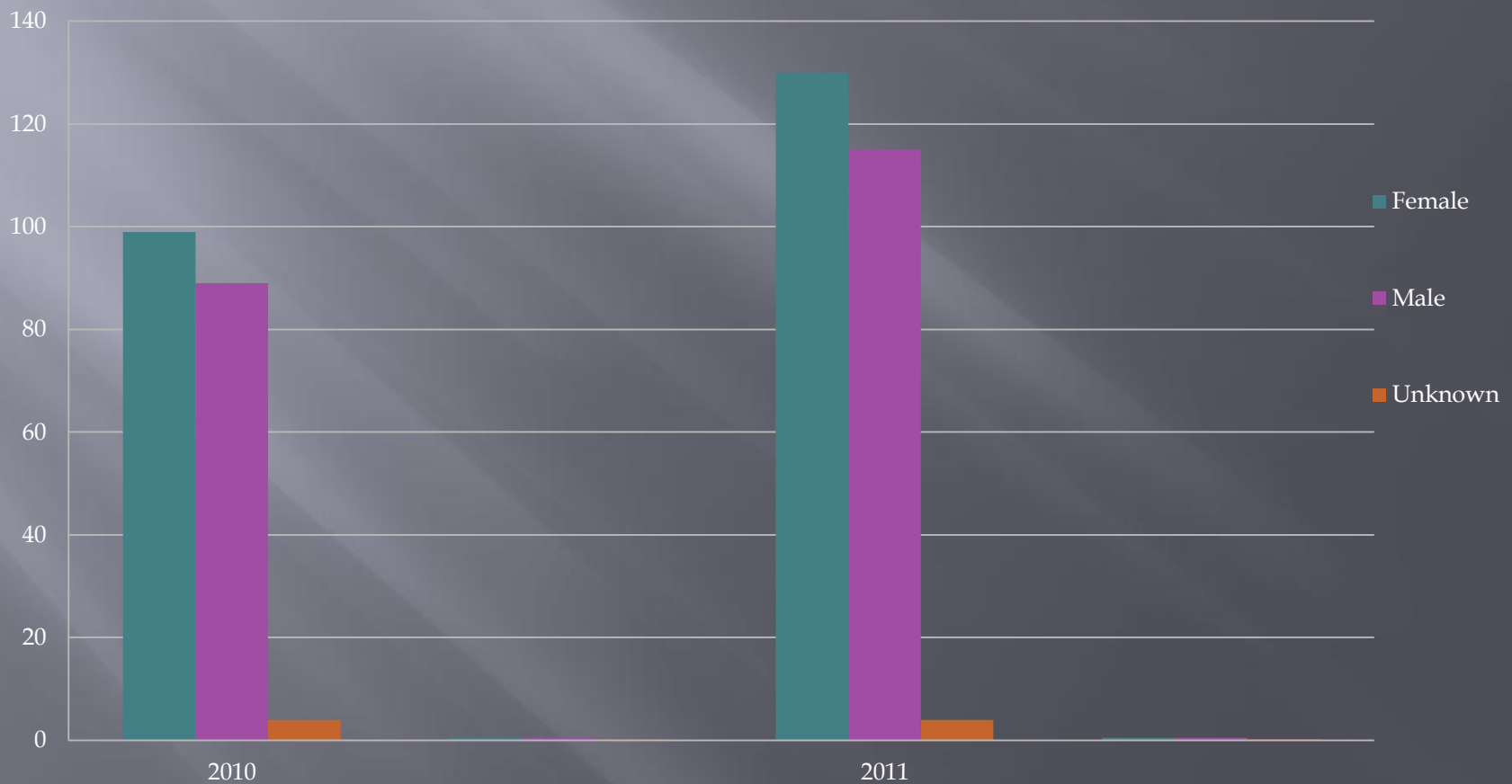
Data Analysis: 2010 vs. 2011

AGE



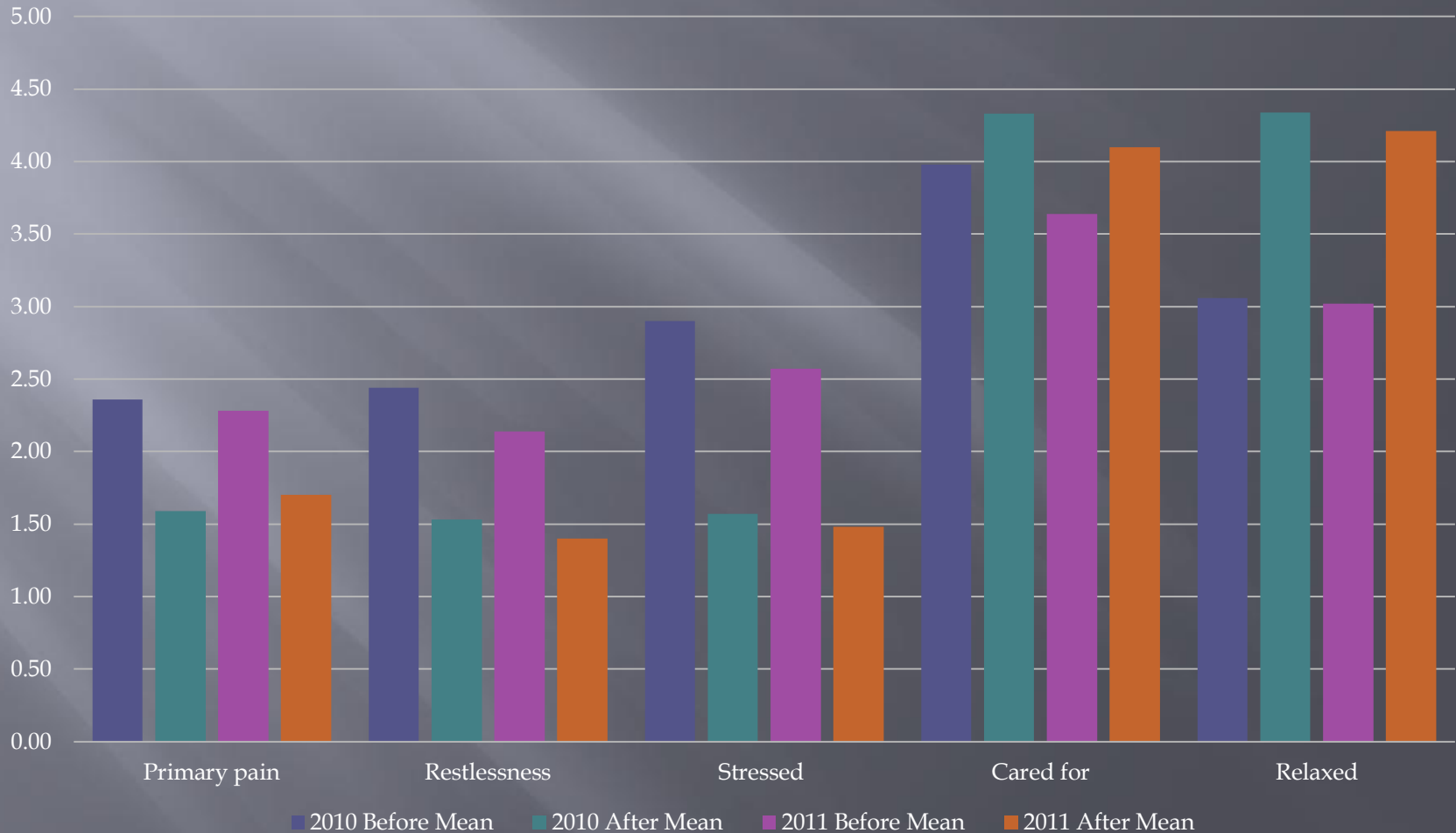
Data Analysis: 2010 vs. 2011

Gender



Data Analysis: 2010 vs. 2011

Results Comparison



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Results & Conclusions

The results demonstrate marked decrease in the averages of:

- primary pain
- restlessness
- stress
 - as reported by participants in Bio-Touch therapy.



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Results & Conclusions

- These results demonstrate a significant increase in:
- Feeling cared for
- Feeling relaxed
 - among participants in our Bio-Touch therapy research.

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Implications for Future Study

- Vital signs before and after – Blood pressure, heart rate, respirations, temperature, pain scale
- Organization (coordinator)
- Questionnaire (do you feel cared for?)



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Implications for Future Study

- Consider a particular sample of subjects specifically with pain (health situations).
- Bio touch and personality types



The senior nursing students thank
you for your attention!!!



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