THE USE OF JIN SHIN JYUTSU® TOUCH THERAPY AS AN INTEGRATIVE TREATMENT FOR PAIN, STRESS AND NAUSEA IN CANCER PATIENTS

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Abstract
Cancer patients' quality of life is a constant concern. Uncomfortable symptoms of pain, stress, and nausea are three areas of discomfort that patients often experience separately or in tandem during their cancer regimen. Symptoms may be difficult to manage with medication, but they may also contribute other unwanted effects. There is a need for integrative therapies that address cancer patients' uncomfortable symptoms without inducing toxicities. Jin Shin Jyutsu (JSJ), similar to acupuncture in philosophy, is the ancient art of balancing the body's energy system utilizing light touch rather than needles. JSJ harmonizes energetic pathways resulting in deep relaxation of the body and a decrease in disturbing physical and emotional symptoms. Jin Shin Jyutsu sessions were hypothesized to be an effective adjunct therapy to decrease patient's levels of pain, stress and nausea, and that more than one session over time would result in a continuation of improvement in these symptoms.

Procedures
All individuals who were currently being seen at the Markey Cancer Center were eligible for the study, which consisted of 41 sessions conducted over 4 months. Patients were self-referred or referred by Markey staff. The first 65 patients were seen in three settings: the JSJ Treatment Room, the Markey Oncology Outpatient Clinic, or the Markey Hospital. Treatment length varied from 15 minutes to one hour, depending on the location of the session. Patients were asked to assess their symptoms of pain, stress, and nausea on a 0-10 scale prior to treatment and immediately after. Treatment consisted of light touch on 52 key points called Safer Energy Centers as well as fingers, toes, and palm points on the upper arm, upper chest and lower leg: in predetermined orders known as "flows." The practitioner assessed and determined treatment by listening to the energetic "pulses" at the patient's wild area, as well as visual observation of the individual body and noting of the patient's verbiage descriptive of their current symptoms. Comparisons between pre- and post-session were performed using paired t-tests. T-test and multiple group comparisons were performed using ANOVA.

Demographics of Initial Session

<table>
<thead>
<tr>
<th>Age</th>
<th>Sex (M/F)</th>
<th>Race</th>
<th>EOC</th>
<th>Treatment Location</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Age</th>
<th>Mean</th>
<th>Range</th>
<th>Sample Size</th>
<th>Age</th>
<th>Mean</th>
<th>Range</th>
<th>Sample Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>All (N=56)</td>
<td>55.2</td>
<td>(5.9)</td>
<td>56</td>
<td>Male</td>
<td>50</td>
<td>30-70</td>
<td>25</td>
</tr>
</tbody>
</table>

Outpatient Clinic

Conclusions
- Decreases were observed during post sessions with mean decreases of 3 points for pain and 2 points for both stress and nausea.
- Patients who returned for the second JSJ session (the JSJ session at each visit) had mean decreases of 0.86 points for pain, 0.89 points for stress, and 0.89 points for nausea.

Moving Forward - 2012 Study
This study will again assess patient's changes in perceived, stress, and nausea with Jin Shin Jyutsu treatment. This study will control for the variation of the variables by limiting the duration and distance of service and the time intervals between sessions. The study will also assess the patient's perception of primary depression and all medication changes for cancer and symptom management of pain, stress and nausea. The 2012 study will also have additional quality of life surveys and focus on specific areas of interest.