

# Randomized Study Using Jin Shin Jyutsu® Self-Help for Nurses



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*"This really helped me. I feel more grounded and better able to care for my patients."*

## Introduction

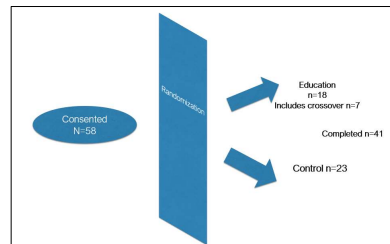
- Nurse stress and burnout costs are estimated at \$250 to \$300 billion annually. Interventions to support stress management are imperative.
- Jin Shin Jyutsu (JSJ) is a gentle, non-invasive form of energy practice that restores harmony and balance to the body, mind and spirit.
- Evidence-based literature supports the use of JSJ in health care for both emotional and physical stress (Lamke, Catlin, Mason-Chadd, 2014). Results showed increases ( $\leq 0.05$ ) in positive outlook, calmness, communication effectiveness and nurses' caring efficacy.

### Sample Description

	Education (n=18)	Control (n=23)
Age range (median)	41 - 50	41-50
Hours Worked (per wk) Median	36-40	36-40
Engaged in self-care prior to study	16 (89%)	17 (74%)

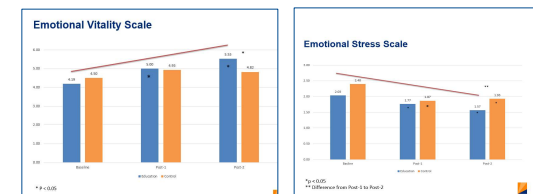
Authors report no conflict of interest

## Design and Method



- Stress and caring efficacy measured Baseline - End of Education - 30 Days post-education
- Stress measured by Personal and Organizational Quality Assessment Revised 4 Scale (POQA-RA) survey.
- Self-Caring Efficacy was measured using the Coates Caring Efficacy survey.
- Three 2-hour classes on the practice of JSJ took place over a four-week period. The original control group participants were allowed to cross over to a second education group after re-consent

## Results



## Conclusions

- Statistically significant differences were observed between groups related to Emotional Vitality and Emotional Stress ( $p < 0.05$ ).
- Retention was challenging.
- JSJ has shown to be a viable option for stress reduction in nurses

## Practice Implications

- Experiential JSJ Self-Help sequences were taught on clinical units.
- 25 JSJ Self-Help videos/ teaching sheets were posted on facility intranet.
- The American Holistic Nursing Association published a downloadable one-page teaching sheet, *Jin Shin Jyutsu for Resilience*, on their website as a resource for nurses.