REGRAS DE SUBMISSÃO - RELATO DE CASO DE GRANDE RELEVÂNCIA CIENTÍFICA / CASE REPORT OF GREAT SCIENTIFIC RELEVANCE

PAIN, ANXIETY, AND LOCAL TEMPERATURE PARAMETERS ALTERATION AFTER REIKI APPLICATION: A CASE REPORT

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Introduction: Reiki is a complementary integrative practice that uses the energetic frequency as a way to promote health, being applied in patients with burns to assist in its recovery by changing physical, mental, and spiritual parameters. Purpose: check pain, anxiety, and local temperature parameters alteration after Reiki application in a person with burn injuries. Method: this is a case report related to the traditional methodology of Usui System Reiki application in a patient with a great amount of burns assisted at a South Brazilian university hospital in 2022. Were collected data referred to anxiety and pain (numeric scale), heart rate, respiratory rate, arterial blood pressure, axillary temperature, O2 saturation, and temperature from the places that received Reiki application, these being face region (coronary and frontal chakras) and cervical region (laryngeal chakra) registered by thermographic camera during and after Reiki session. Results: C.A 31-year-old male suffered 2º degree burns by arc flash in forearm and hands, face, and cervical spine. Assisted in the

Surgical Clinic at a South Brazilian university hospital. Before the Reiki session, the patient related constant fear and anxiety that overflowed during the dressing change. The attending was carried out in the afternoon, after the surgical debridement that happened in the morning. When initiating the attending there were the following parameters: 75 bpm heart rate, 21 rpm respiratory frequency, 149x88 mmHg arterial blood pressure, 36,9ºC axillary temperature, 7 points for anxiety and 8 points for pain, 99% O2 saturation. During the attending, the face and cervical region temperatures were 40ºC and 41ºC, respectively (thermographic register). When the Reiki session ended, which lasted about 15 minutes, the patient entered into a sleeping state, and it was possible to notice the relaxed facial expression. After the Reiki session, the parameters were: 85 bpm heart rate, 21 rpm respiratory frequency, 154x84 mmHg arterial blood pressure, 36,8ºC axillary temperature, 2 points for anxiety and 8 points for pain, 97% O2 saturation, and 41ºC of local temperature in the face and 43ºC in the cervical spine. Conclusion: the Reiki therapy application did not present changes in pain, helped in the anxiety reduction, and contributed to increasing the temperature in the application locations, suggesting the energy transfer from the reikian to the patient. The sleeping state and the relaxed facial expression indicated an improvement in comfort. There were no substantial differences in the other parameters.

Palavras-chave: burn; reiki; thermography; pain; anxiety.