

# The Art of Jin Shin Jyutsu® Self-Care for Nurses

Catherine Chillemi Errico, MSN, RN, HWNC-BC



Atlantic  
Health System  
Morristown Medical Center

仁  
神  
術<sup>®</sup>

**JIN**

Man

**SHIN**

Creator

**JYUTSU**

Art

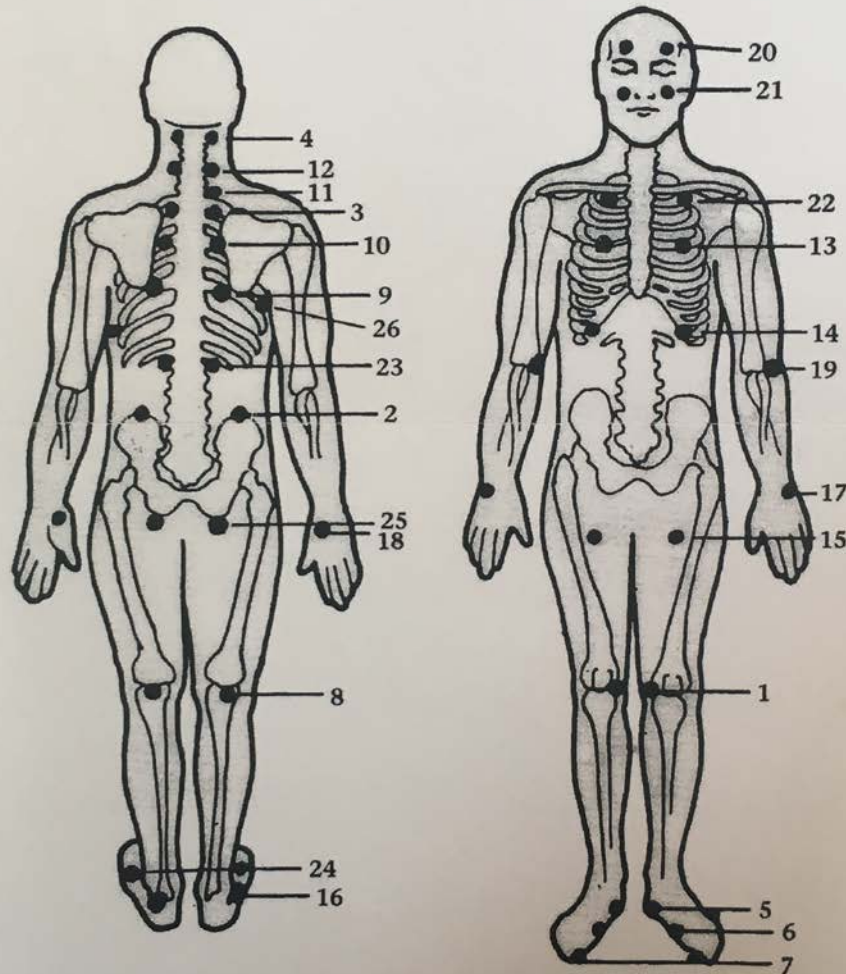


## What is Jin Shin Jyutsu® (JSJ)?

- Ancient art of harmonizing the life force (energy) of the body
- Uses light touch on 26 sets of key locations (safety energy locks) which are located in the major energy channels of the body
- Gentle touch may be applied by the person to themselves (self-help) or by a practitioner to restore balance in the energy field



# Locations of 26 "Safety" Energy Locks on Universal Harmonizing Energy Circulation Pattern



# Jin Shin Jyutsu® at Morristown Medical Center

- In 1993, Morristown Memorial Hospital became the first affiliate with Herbert Benson's Mind/Body Medical Institute at Harvard University.
- This paved the way for the integration of Western medicine and Eastern healing modalities within this hospital setting
- JSJ has been a cornerstone of integrative care since its conception



# The Effect of Integrative Medicine Therapies in the Acute Care Setting

Rowan, E; Muhlmeister, A; Garcia, M; Reifsnnyder, C; Loughran, M; Chesney, K;

Jain, S. Chiu, S.; Caltabellotta, N; Guarneri, M

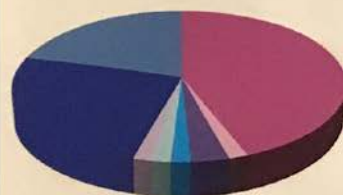
Atlantic Health Systems

*"Today is a better day. That was amazing! My heartbeat is pumping slower now." – Pediatric Patient*

## Introduction

We examined whether participation in Integrative Medicine (IM) services would decrease perceived pain, anxiety and nausea in the acute care setting.

- 14,581 Inpatient IM treatments were provided at Morristown Medical Center (Morristown, NJ) in 2013.
- IM practitioners worked in 23 units of a large tertiary care hospital.



*"This is the first time I have smiled today. My back pain and stress levels have decreased significantly."*  
-ICU Patient



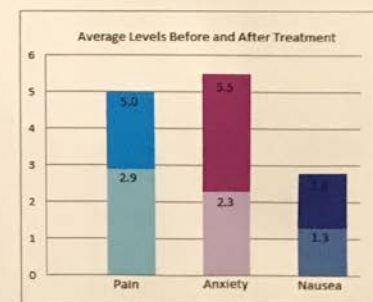
## Experimental Design

- Patients were given 1-3 treatment sessions (20 min in length).
- Most patients received only one session.
- Pre-post treatment self-report ratings of pain, anxiety and nausea were obtained via survey questionnaire.
- Complete data was collected on 13,606 treatments (93%) out of the total 14,581 treatments provided.

## Results

There were significant pre-post treatment decreases (Wilcoxon Signed Rank tests  $p < .001$  for all 3 tests):

- Pain (42% reduction)
- Anxiety (58% reduction)
- Nausea (54% reduction)



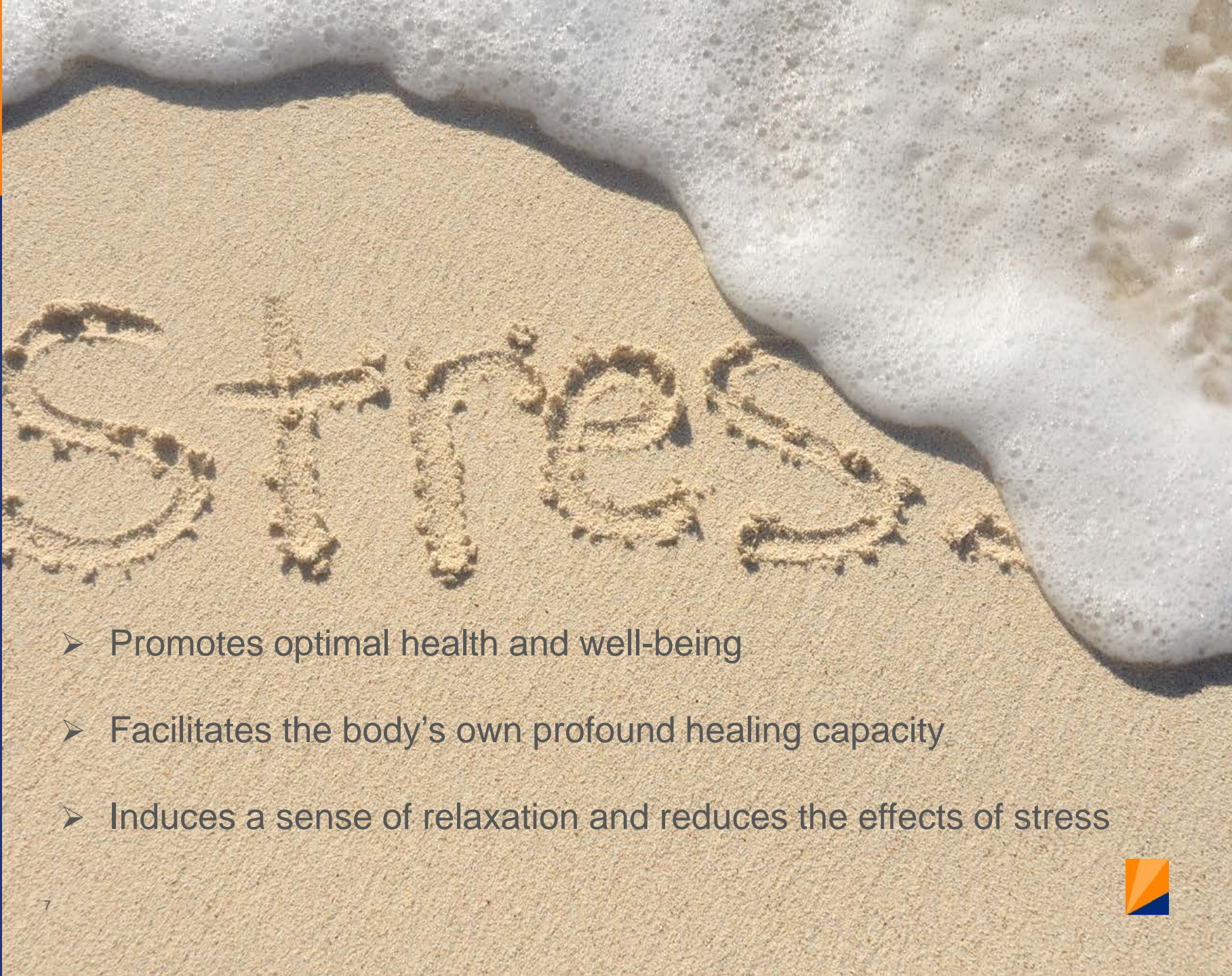
## Conclusion

Integrative Medicine treatments can be incorporated into conventional care in large hospital systems, with positive reported patient outcomes. Clinical Effectiveness studies on IM that also assess cost savings and the impact on length of hospital stay should be conducted.

*This research would not be possible without the support of our generous donors.. Thank you!*







- Promotes optimal health and well-being
- Facilitates the body's own profound healing capacity
- Induces a sense of relaxation and reduces the effects of stress



# Why JSJ Self-Help in the Nursing Population?

- Nurse stress and burnout costs are estimated at \$250 to \$300 billion annually



- Correlation between nursing burnout and lack of self-care
- ANCC Magnet® status
- ANA launches *Healthy Nurse Healthy Nation*





# Randomized study using Jin Shin Jyutsu® Self-Help for Nurses

Julia Millspaugh, MA, BSN, HNB-BC  
Catherine Errico, MSN, RN, HWNC-BC  
Carole Reifsnyder, BSN, RN, HNB-BC  
Mildred Ortu Kowalski, PhD, RN, NE-BC  
Sunnie Mortimer, BSN, RN, HWNC-BC  
Stephanie Chiu, MPH



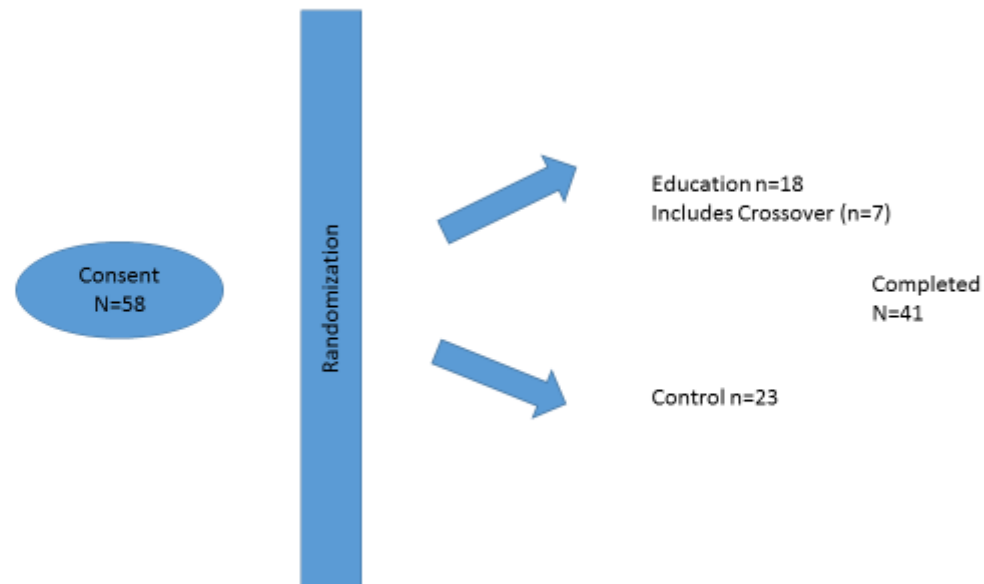
## Our Study

- **Replication:** study based on Lamke study (2014) with addition of a control group and larger sample size
- **Purpose:** explore the impact of JSJ self-help on personal stress and caring efficacy of nurses at MMC
- **Design:** Stress and caring efficacy were measured via surveys at baseline, post-education, and again 30-40 days after completion of the JSJ educational intervention
  - Baseline
  - Post-Education (Post 1)
  - 30-40 Days Post-Education (Post 2)
- **Method:** randomized, controlled comparison study, with cross over design.



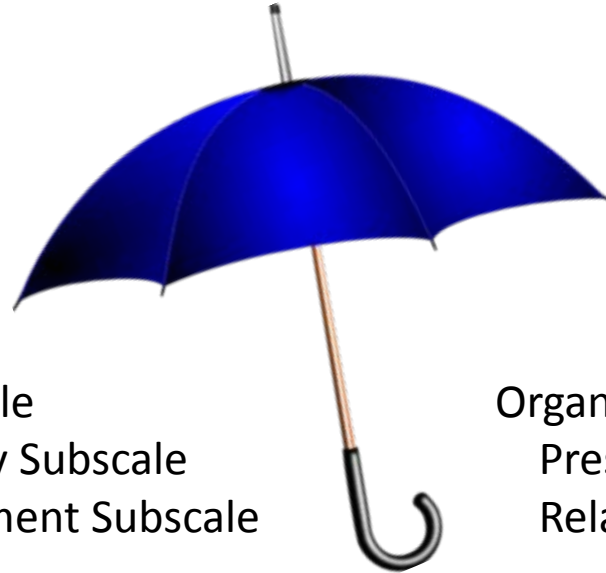
## Survey tools

- Personal and Organizational Quality Assessment (POQA –R4) measures organizational, emotional, and physical stress
- Coates Caring Efficacy Scale (CES) measures nurses' perception of their caring effectiveness with patients



## POQA-R4 Scales

Emotional Vitality Scale  
Emotional Buoyancy Subscale  
Emotional Contentment Subscale



Organizational Stress Scale  
Pressures of Life Subscale  
Relational Tension Subscale

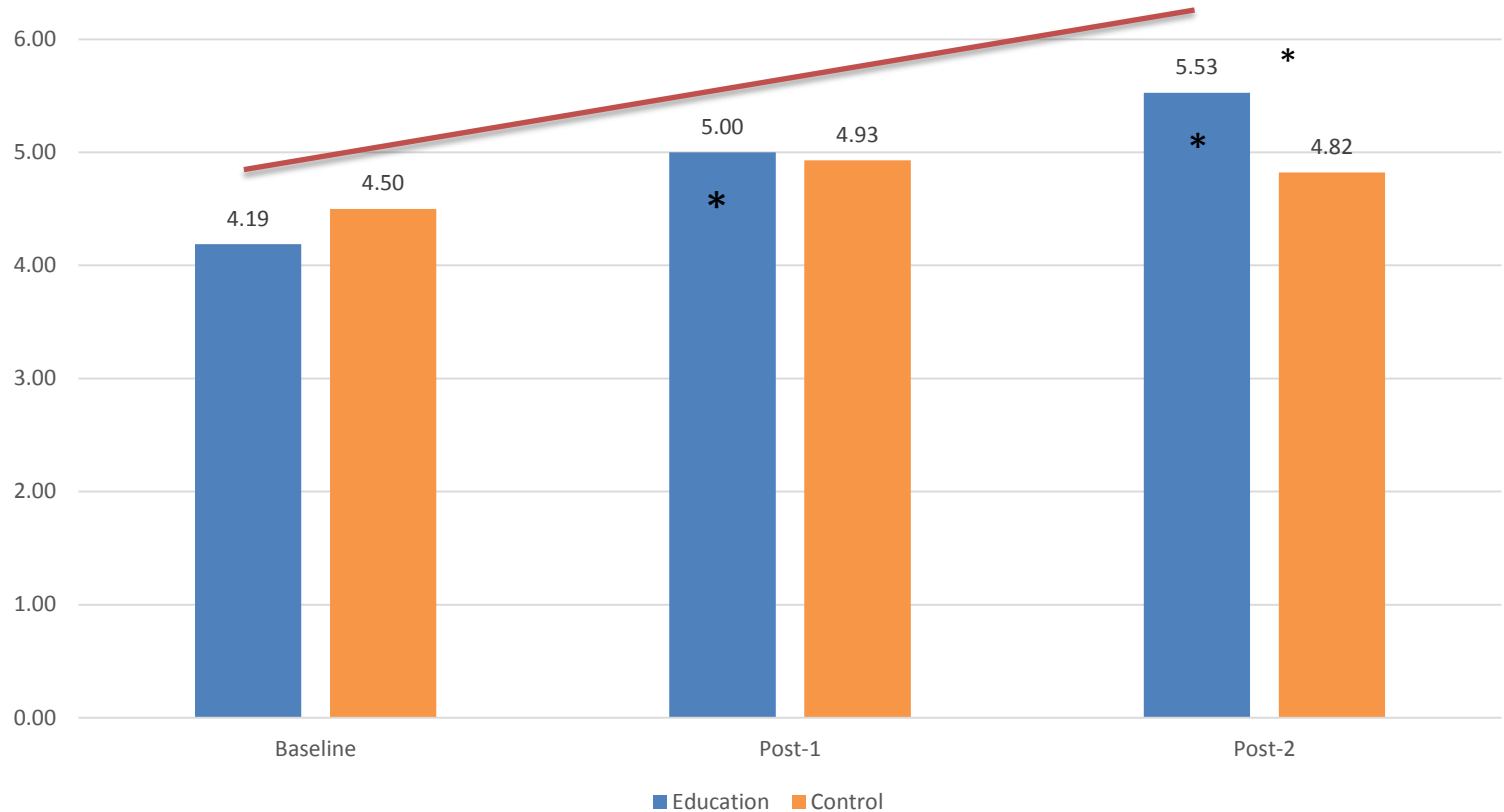
Emotional Stress Scale  
Anxiety/Depression Subscale  
Anger/Resentment Subscale

Physical Stress Scale  
Fatigue Subscale  
Health Symptoms Subscale  
Intention to Quit Subscale





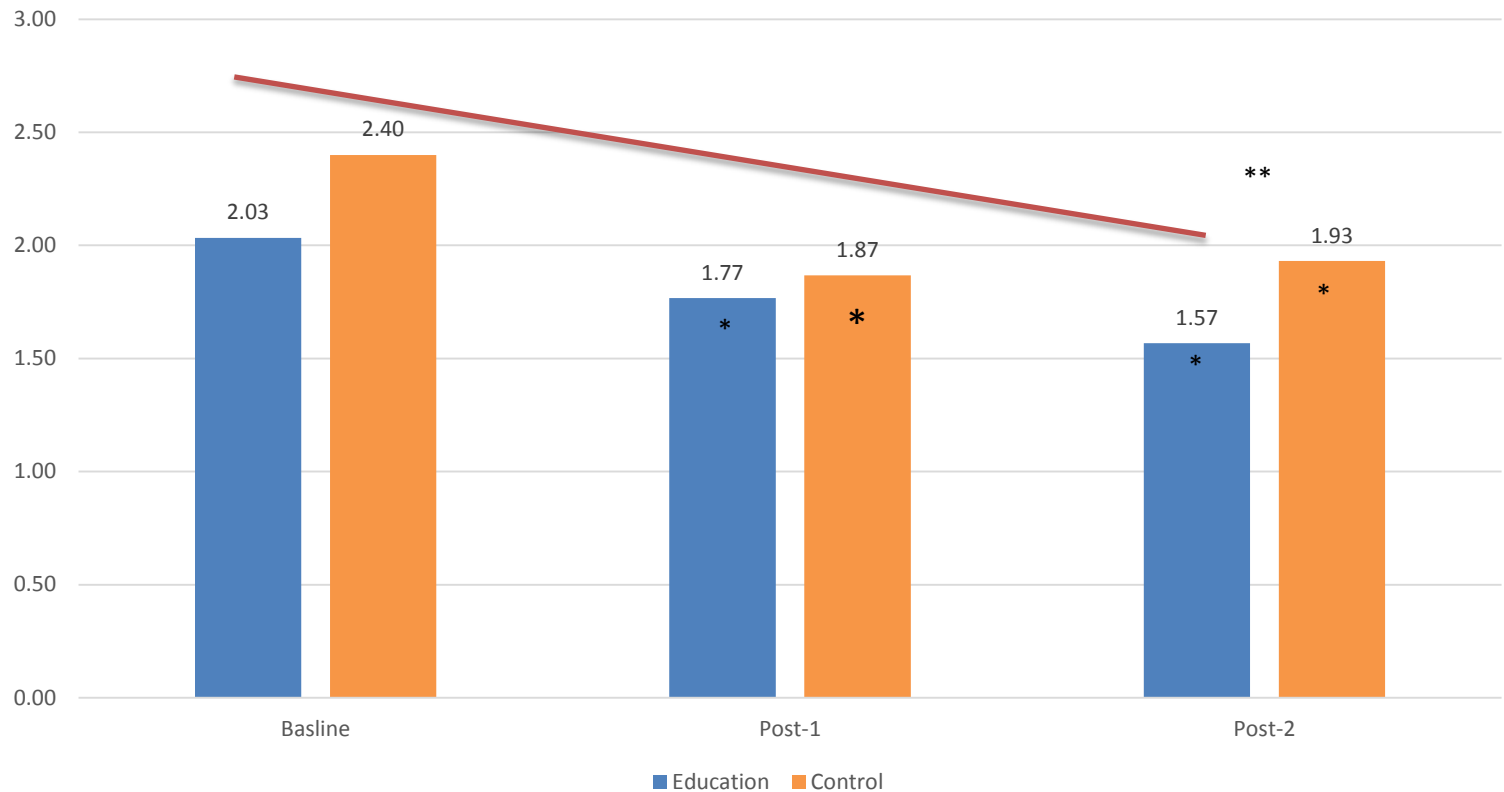
## Emotional Vitality Scale



\*  $P < 0.05$



## Emotional Stress Scale

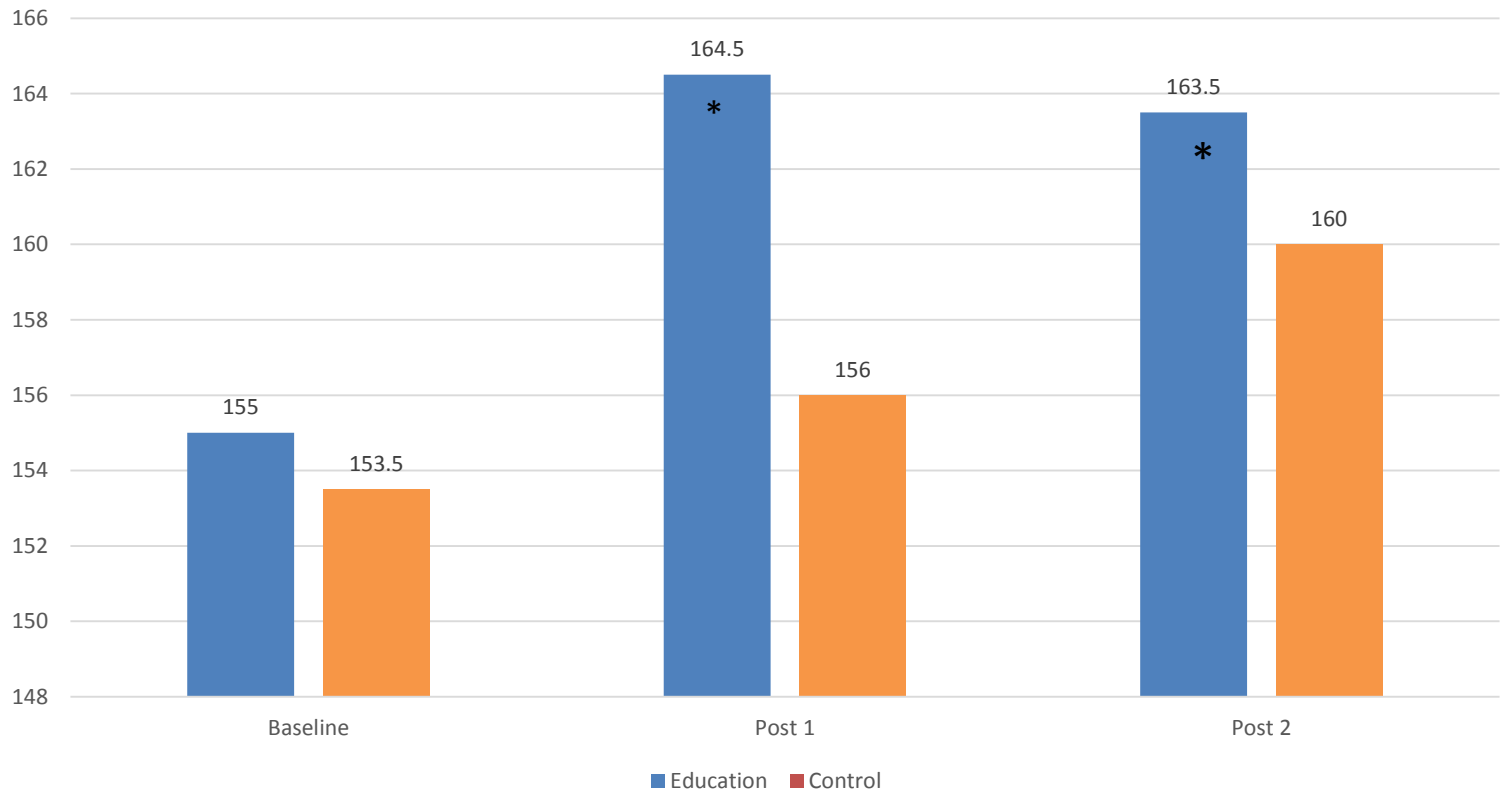


\* $p < 0.05$

\*\* Difference from Post-1 to Post-2



# Caring Efficacy Scale



\* $p < 0.05$



## Limitations

- Recruitment and retention was challenging
  - Time commitment
  - Family situations (unforeseen events)
- Health-related AHS/MMC initiatives may have impacted control group findings
  - Other self-help initiatives





## Highlights POQA-R4

- Emotional Vitality increased for the education group
  - Baseline to Post-2
  - Compared to control (Statistically Significant)
- Emotional Stress decreased in the education group
  - Compared to control from Baseline to Post-1



## Highlights Caring Efficacy

- Statistically significant ( $p < 0.05$ ) increase in Education Group
  - Within group Baseline - Post 2
  - Not observed in the Control Group



# Atlantic Center for Research 21<sup>st</sup> Annual Research Day Symposium



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

Julia Millspaugh, MA, BSN, RN, HNB-BC; Catherine Errico, MSN, RN, HWNC-BC; Carole Reifsnnyder, BSN, RN, HNB-BC; Mildred Ortu Kowalski PhD, RN, NE-BC, Sunnie Mortimer, BSN, RN, HWNC-BC

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

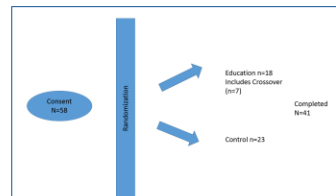
## Introduction

- ⑩ 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.
- ⑩ Evidence-based literature supports the use of JSJ in health care for both emotional and physical stress (Lamke, Catlin, Mason-Chadd, 2014). Results
  - outlook, calmness, communication efficacy.
- ⑩ Our study was based on the Lamke study, with addition of a control group and a larger sample size.

	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



- ⑩ Stress and caring efficacy measured Baseline - End of Education - 30 Days post-education
- ⑩ Stress measured by Personal and Organizational Quality Assessment Revised 4 Scale (POQA-RA) survey.
- ⑩ Self-Caring Efficacy was measured using the Coates Caring Efficacy survey.
- ⑩ 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

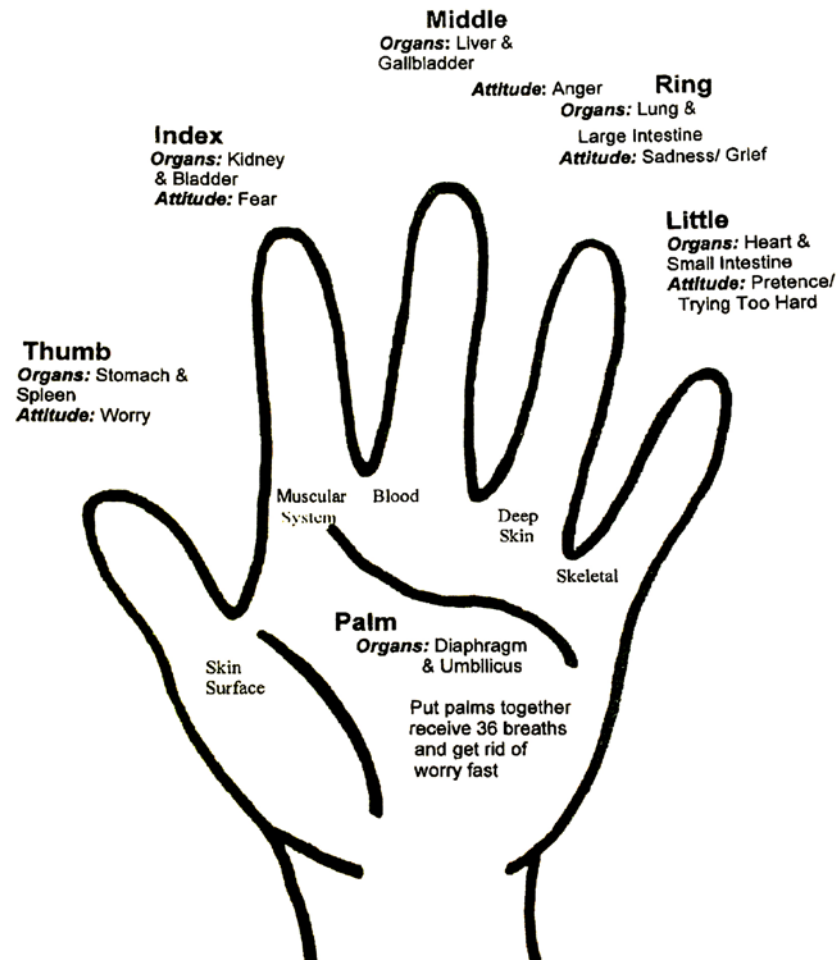
- ⑩ Statistically significant differences were observed between groups related to Emotional Vitality and Emotional Stress ( $p < 0.05$ ).
- ⑩ Both groups showed changes in caring efficacy; a statistically significant difference was observed in the education group.
- ⑩ Retention was challenging.
- ⑩ Feedback indicated an intended change in behavior.
- ⑩ JSJ may be a viable option for stress reduction in nurses, thus addressing an important unmet need.



**The results from the study show that JSJ Self-Help  
is a viable option for reducing stress and  
increasing caring efficacy for nurses**



## Hand Chart



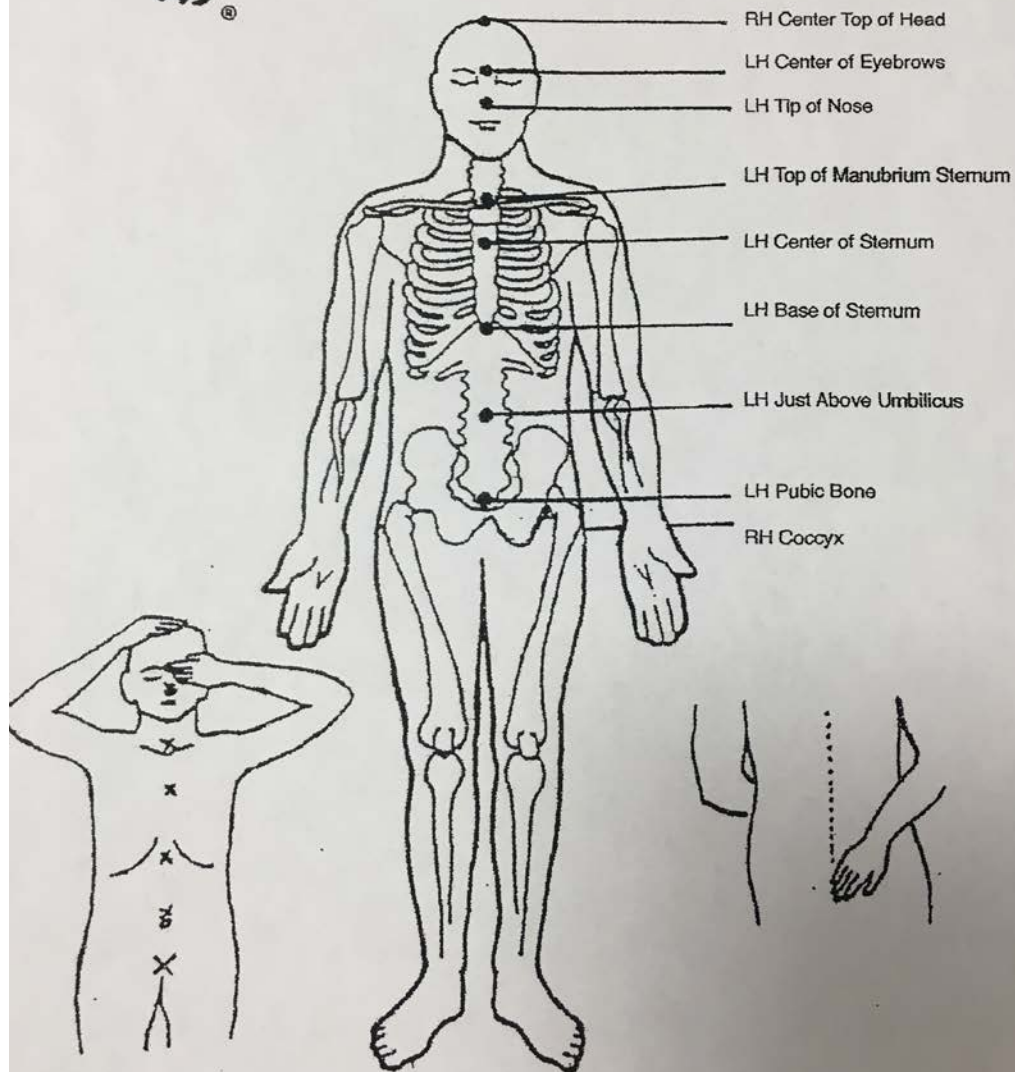
**Daily care plan:** Encircle each finger, one at a time, for about 3-5 minutes, or longer until you feel calmer. Use this for both hands.





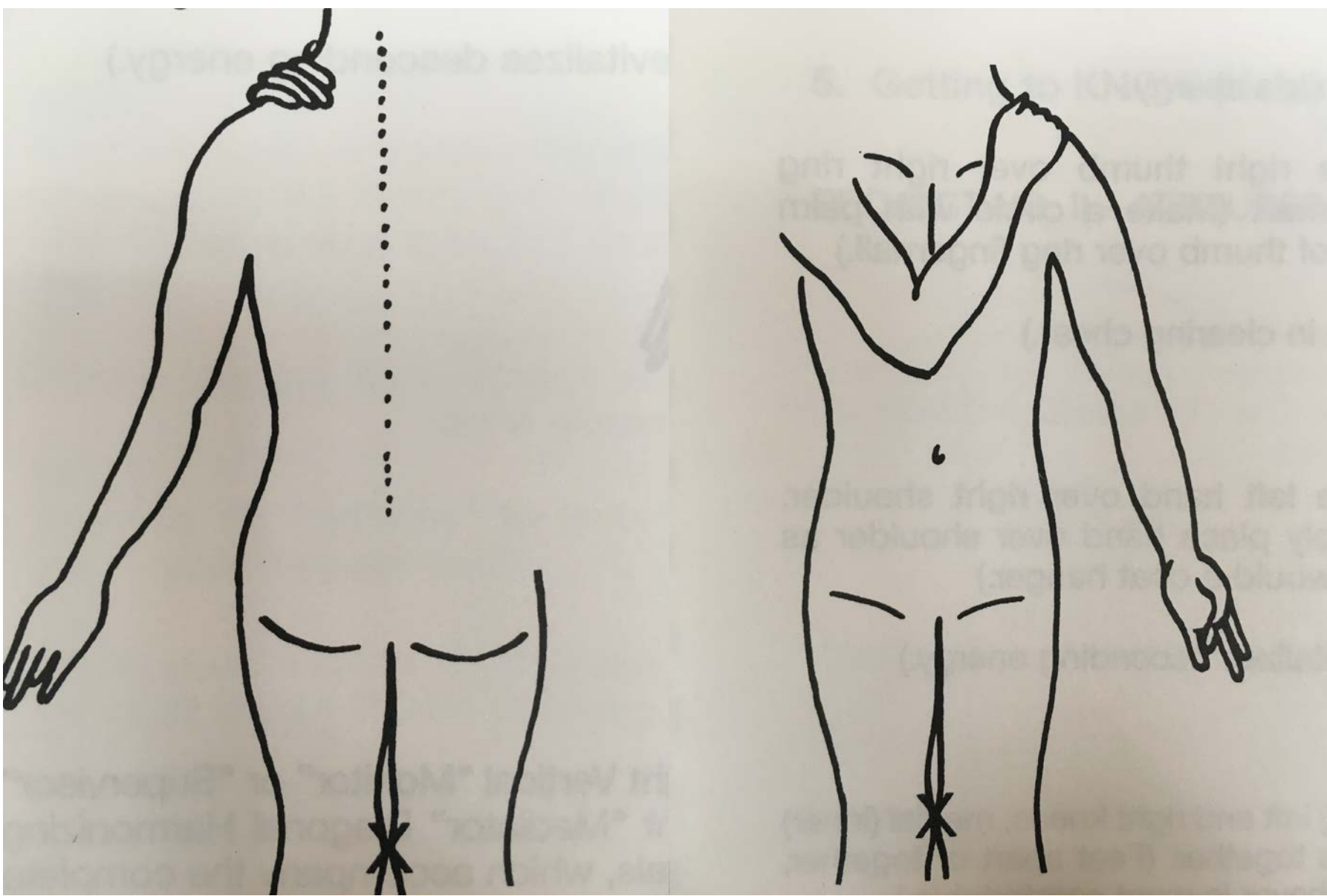
# Jin Shin Jyutsu®

"THE ARTLESS ART OF GETTING TO  
KNOW (HELP) MYSELF"



MAIN CENTRAL VERTICAL FLOW

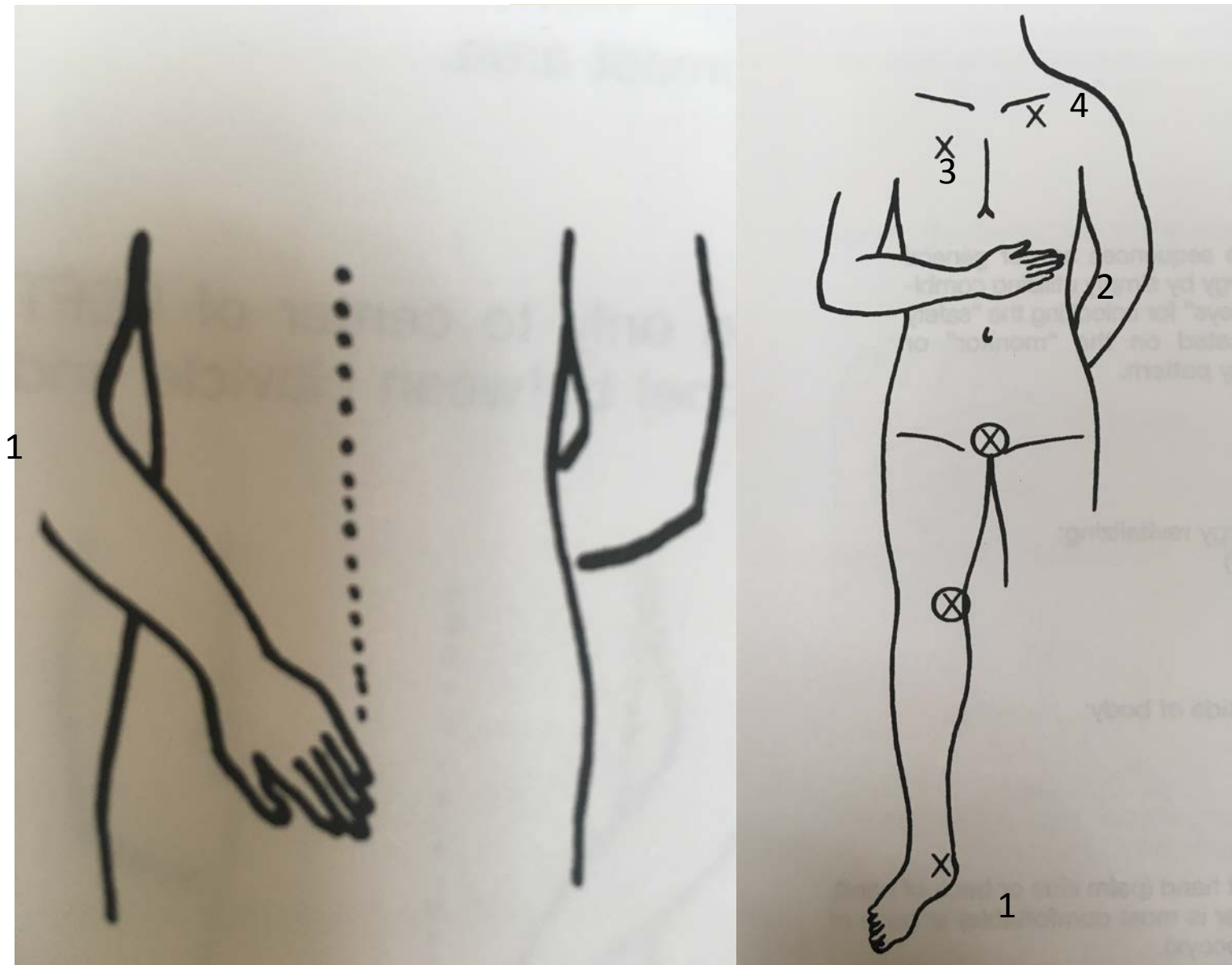




Helps Balance Left and Right Supervisor & Diagonal  
Mediator Harmonizing Energy

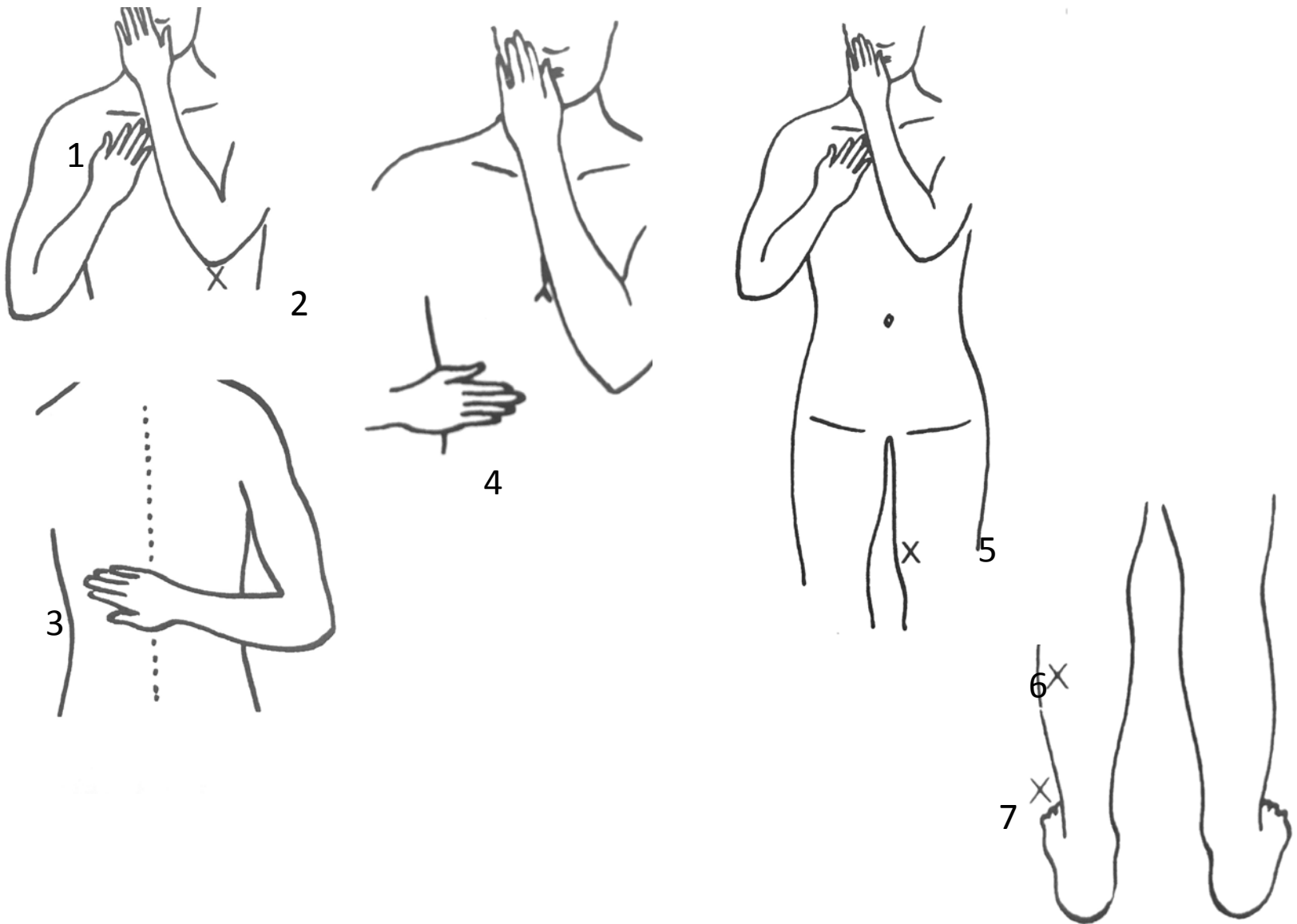






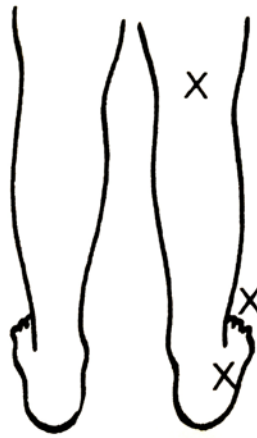
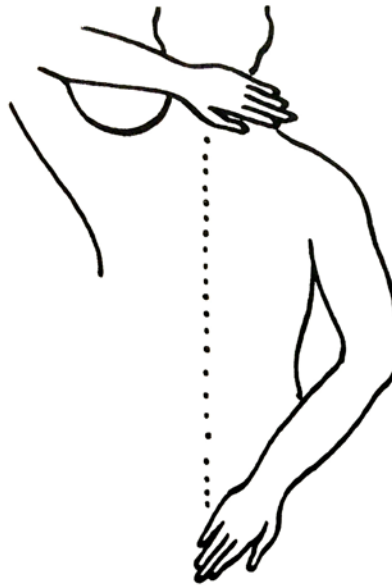
## General Energy Revitalizing Flow

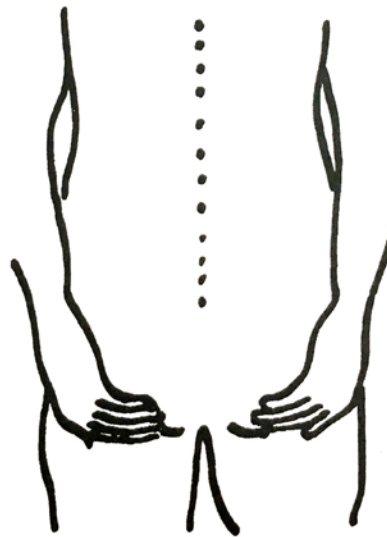




## Anterior Descending Energy Flow

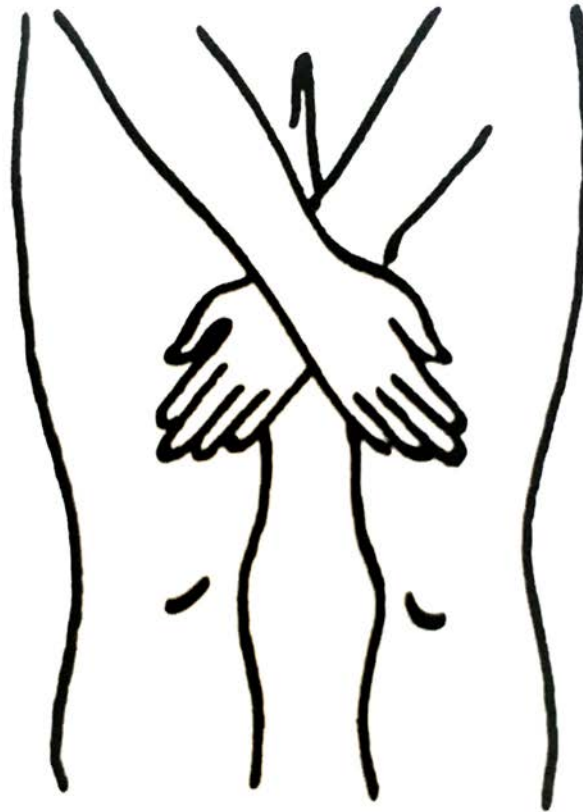






Helps revitalize your energy throughout the day





Helps with bloat, nausea, and stomach distress



Penetrates inward

Use for bleeding and swelling



L

R

Rises to  
surface

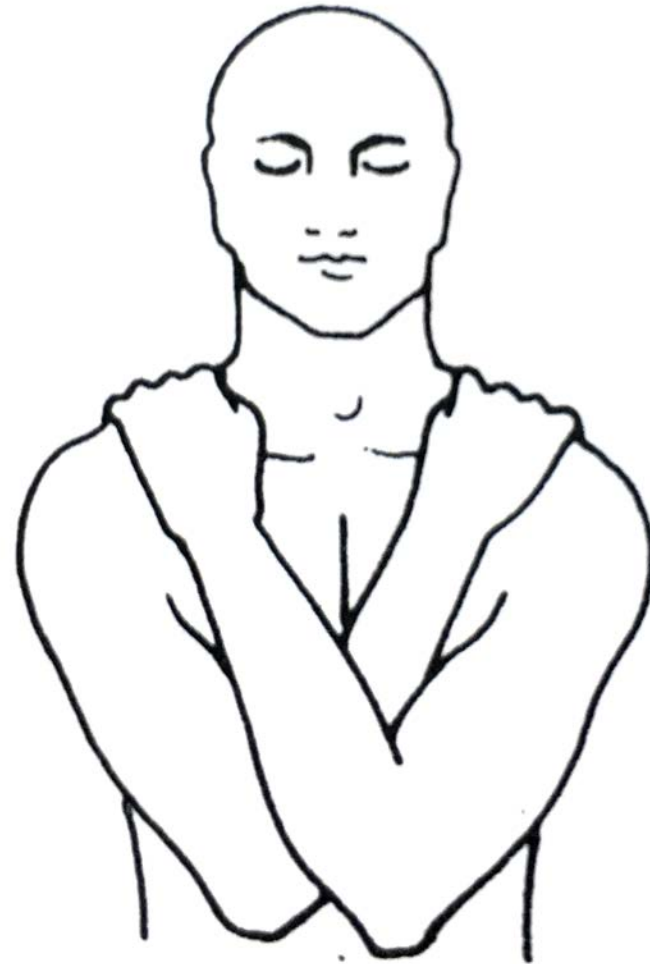
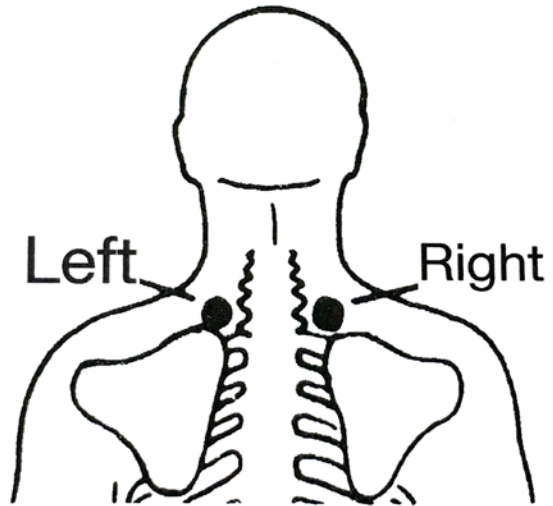
Use for radiation and burns



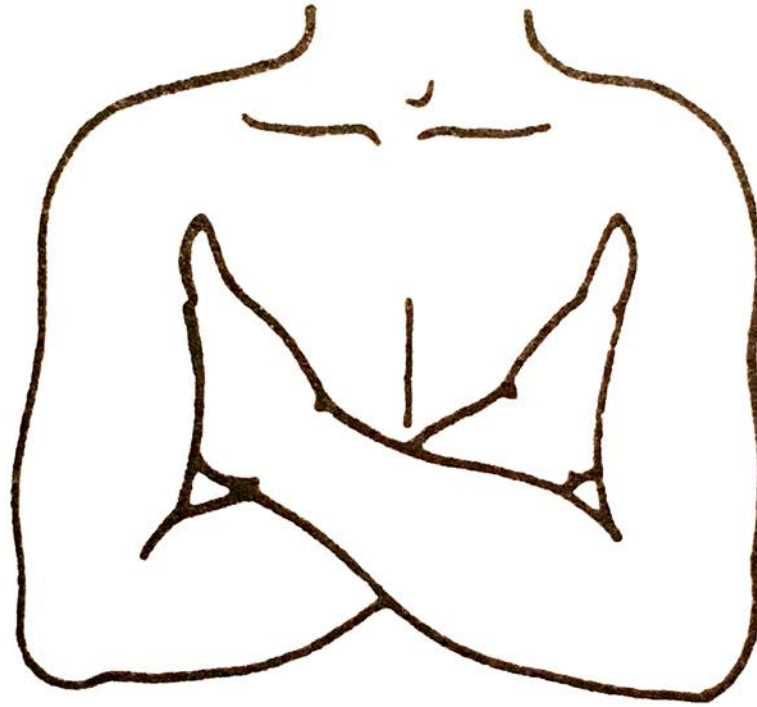
L

R









- For further information on Jin Shin Jyutsu® studies, research, podcasts, and videos please visit: [\*\*jsjinc.net\*\*](http://jsjinc.net)
- Exhale; unload that all you no longer need
- Inhale; receive the Cosmic Energy Source
- You have your hands, now you know how to use them!

