

Intentional Touch in geriatric care with patients with chronic pain – development of a study intervention and prospective qualitative intervention study (pilot project)

Summary:

Background:

In complementary and alternative medicine physical touch is used, e. g. , for reduction of pain, stress and fear and for the improvement of the general well-being. Up to now no study results are given about the results of physical touch with patients with chronic pains in the geriatric care.

Aim:

Primary questions of the present project are: How do patients and caregivers perceive Intentional Touch? How do patients and caregivers describe their therapeutic experiences concerning changes in the pain perception?

Design:

Two study parts are planned:

Part 1: Development of the study intervention

The intervention of Intentional Touch is developed by Stakeholder-Involvement. Afterwards geriatric caregivers are trained in Intentional Touch.

Part 2: Qualitative intervention study

Semi-structured interviews with geriatric caregivers who apply Intention Touch (n=3) and their geriatric patients with chronic pain (n=5) are conducted. The interviews are complemented with participant observations (with video recordings). Two elevation time is defined: The first elevation time is direct at the beginning of the intervention (week 1), the second elevation time four weeks after intervention beginning (week 4).

Analyses:

The interviews are analysed inductively and deductive according to qualitative contents analysis. The video recordings are analysed according to qualitative picture and video analyses.

Main focuses of the question are the effects of the Intentional Touch concerning:

- on the subjective experience of the patient and caregivers
- on the relationship between patient and caregivers
- on the subjective illness experience of the patient
- on the everyday life of the patient
- on the working life of the caregivers

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