

**Pilot Study: Jin Shin Jyutsu during recovery from cardiac procedures during
September & October 2000**

**Atlantic Mind Body Center
Morristown Memorial Hospital
Morristown, NJ**

Goal: The goal of this study was to investigate the feasibility of using Jin Shin Jyutsu. (JSJ) in the cardiac setting including: acceptance by patients and staff, ease of delivery, and any potential adverse outcomes.

Rationale: Jin Shin Jyutsu is a modality based on the meridian theory of Oriental Medicine. It uses gentle, direct pressure of the hands or fingers along meridians to promote health and well being. The philosophy behind “Jin Shin” is that it works by redistributing and unblocking energy by applying pressure to 26 specific “safety energy locks” along the acupuncture meridians. Holding these locks in combination balances the body and mind and facilitates a deep sense of relaxation. Because it is relaxing, noninvasive and without side effects, it is ideal for use in the cardiac setting.

Methods: After approval was granted to the Atlantic Mind Body Center to provide JSJ to patients on the Cardiac Stepdown Unit, the nursing staff on the Stepdown Unit was given an inservice on the nature and rationale of the study. They were asked to identify patients on a daily basis who may be appropriate for JSJ. During the study, certified JSJ practitioners reported to the unit on a rotating basis, and were directed to patients recovering from cardiac interventions, but who were not in serious condition: Jin Shin Jyutsu was introduced by the practitioners to patients as a relaxation therapy. Patients were told that it was being offered by the hospital to see if the patients like it. They were told that there is no pain or discomfort involved, and that Dr. Brown, the Chief Cardiac Surgeon, had approved this relaxation therapy for all post surgical cardiac patients. It was explained that it would help to reduce adrenaline, pain and anxiety. Patients signed a consent form prior to the intervention.

Patients were given a 30 minute standard JSJ intervention (see attached). They received the same intervention each weekday that they were on the unit.

A total of 168 interventions was given to 120 patients.

Results: At the time of discharge, they were asked, a set of standardized questions about their experience with JSJ. The great majority of patients stated that JSJ was helpful, that they felt comfortable with their practitioner and they would recommend the treatment to others. There were no negative opinions or outcomes.

Conclusion: JSJ was well received by patients and by the Cardiac Stepdown Unit staff. A majority of patients noted the positive effects of JSJ. It was well accepted by patients and staff, fit well into the delivery of care, and without adverse outcomes. JSJ maybe recommended as a safe and beneficial intervention in the Cardiac Stepdown environment.

Results:

Jin Shin Jyutsu/ post cardiac surgery study

Total patients: 120; Patients polled: 66

Total # sessions: 168

Survey results:

Did you feel the Jin Shin treatment was helpful to you? YES 78% NO 21%

YES	NO	NO ANS	TOT PT	TOTANS
47	13	6	66	60

Did you feel differently after the treatment? YES 82% NO 17%

YES	NO	NO ANS	TOT PT	TOTANS
51	11	4	66	62

Did you feel comfortable with your practitioner? YES 100% NO

YES	NO	NO ANS	TOT PT	TOTANS
62	0	4	66	62

Continue with Jin Shin as an outpatient for a fee? (TOTAL= Y/N/M) YES 32% NO 58%

YES	NO	NO ANS	M	TOT PT	TOTANS
17	31	13	5	66	53

Would you like to learn JinShin as a self help tool? (TOTAL=Y/N/M) YES 43% NO 46%

YES	NO	NO ANS	M	TOT PT	TOTANS
26	28	6	6	66	60

Would you recommend this treatment to others? (TOTAL= Y/N/M) YES 85% NO 12%

YES	NO	NO ANS	M	TOT PT	TOTANS
51	7	8	2	66	60

Jin Shin Jyutsu

What is Jin Shin Jyutsu?

Jin Shin Jyutsu is a Japanese healing practice that uses gentle, direct pressure of the hands or fingers along energy pathways on the body to promote health and well being: The philosophy behind “Jin Shin” is that it works by redistributing and unblocking energy by applying pressure to 26 specific “safety energy Jocks” along the acupuncture meridians, or “energy lines” of the body. Holding these locks in combination balances the body and mind and facilitates a deep sense of relaxation.

What are the benefits of Jin Shin Jyutsu?

Jin Shin Jyutsu reduces stress and tension, eliminates chronic pain, increases self awareness and promotes the natural healing abilities of the body.

What to expect during a session:

Jin Shin can be applied by a practitioner or done as a self-help technique, often lying flat on the table. Finger pressure is applied over clothing or directly on exposed areas. A session usually lasts an hour.

What are the risks or contraindications?

There are no official risks or contraindications As with any therapy involving the adjustment of the body's energy, it is advisable to avoid using energy therapies for people suffering from psychosis or severe mental disturbance.

Training required to practice Jin Shin Jyutsu

Practitioners are required to do 105 hours of training over an 18 month period of continuous practice. Some senior practitioners advise an additional 6 months of apprenticeship.

**Jin Shin Jyutsu Protocol for the Pilot Project on Jefferson 4 at
Morristown Memorial Hospital**

Patient will lie face up in bed in hospital attire or fully clothed

Practitioner will sit on the **left** side of the patient

Practitioner will hold patient's left upper arm with R. hand and place L. hand on patient's R. knee (inside of knee) for **3 minutes**.

Practitioner will hold each of the following 5 positions for **2 minutes**:

1. Practitioner will hold patient's R. thumb w/R. hand and L. little toe w/L. hand.
2. Practitioner will hold patient's R. index finger w/R. hand and L. ring toe w/L. hand.
3. Practitioner will hold patient's R. middle finger w/R. hand and L. middle toe w/L. hand.
4. Practitioner will hold patient's R. ring finger w/R. hand and L. second toe w/L. hand.
5. Practitioner will hold patient's R. little finger w/R. hand and L. big toe w/L. hand.

Practitioner will sit on the **right** side of the patient

Practitioner will hold each of the following 5 positions for **2 minutes**.

6. Practitioner will hold patient's L. thumb w/L. hand and R. little toe w/R. hand.
7. Practitioner will hold patient's L. index finger w/L. hand and R. ring toe w/R. hand.
8. Practitioner will hold patient's L. middle finger w/L. hand and R. middle toe w/R. hand.
9. Practitioner will hold patient's L. ring finger w/L. hand and R. second toe w/R. hand.
10. Practitioner will hold patient's L. little finger w/L. hand and R. big toe w/R. hand.

Practitioner will place L. hand on Right shoulder and R. hand on right groin for **2 minutes**.

Practitioner will place L. hand on Right shoulder and R. hand on right sits bone for **2 minutes**.

Practitioner will go over to the **left** side of patient again

Practitioner will place R. hand on left shoulder and L. hand on left groin for **2 minutes**.

Practitioner will place R. hand on left shoulder and L. hand on left sits bone for **2 minutes**.

Consent
for
Jin Shin.Jyutsu
☯

Inpatient Services offered by The Mind Body Center

have requested *Jin Shin Jyutsu* by The Mind Body Center and understand that this is an optional service offered and is not a medical treatment. My Mind Body practitioner is professionally trained in the art and science of Jin Shin Jyutsu and does not diagnose or treat disease. I have answered any personal health inventory to the best of my ability and will inform the Mind Body practitioner of any recent changes in my condition. Possible risks include, but are not limited to, muscle soreness and fatigue after the session. To minimize this, I will inform the practitioner of any discomfort I may feel during the session.

Patient _____ Witness _____

Mind Body Practitioner _____ Date _____

MIND BODY

Jin Shin Jyutsu Treatment Evaluation

Name: _____

Date: _____

Did you feel the Jin Shin Treatment was helpful to you?

Yes

No

Did you feel differently after the Jin Shin Treatment?
How?

Yes

No

What did you like about it?

Was there anything you disliked about it?

Did you feel comfortable with your Practitioner?
If not, why?

Yes

No

Would you continue with Jin Shin as an outpatient for a fee?

Yes

No

Do you think you would like to learn Jin Shin as a self-help tool?

Yes

No

Would you recommend this Treatment to others?

Yes

No

Any additional comments?

Atlantic Mind Body Service

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