

Abstract

Holistic Nursing in Oncology Care: Implementation and Preliminary Outcomes of a District Caring Massage and Reiki Clinic

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Introduction. The support needs of patients with cancer and their caregivers extend beyond clinical treatment and encompass physical, emotional, relational, and psychosocial dimensions. At the end of 2024, a nurse-led clinic focused on holistic well-being was designed to address the needs of people affected by cancer or chronic disabling conditions and their caregivers. This service evaluation aimed to describe the implementation and initial outcomes of a district clinic providing Caring Massage and Reiki as complementary interventions.

Methods. A descriptive service evaluation was conducted during 2025 within a community healthcare district. The clinic offered free access through a multidisciplinary referral network involving nurse-led clinics, palliative care services, general practitioners, and oncology psychology. Symptom burden was monitored using the Edmonton Symptom Assessment System–Total Care (ESAS-TC), administered at the beginning, midpoint, and completion of each care pathway.

Results. The clinic enrolled 104 service users aged 20–80 years, of whom 80% were women. Participants included patients receiving active cancer treatment, cancer survivors, people receiving end-of-life care, individuals with rare diseases, and caregivers. Repeated ESAS-TC assessments indicated average reductions in the scores of reported symptoms, particularly pain, anxiety, and insomnia. Users also described the service as an opportunity to dedicate time to their own physical and emotional well-being.

Discussion. This preliminary experience supports the feasibility of integrating nurse-led complementary interventions into community care pathways. The clinic may provide an additional space for listening, symptom monitoring, and holistic support for patients and caregivers. Controlled studies with complete quantitative reporting are required to determine the specific contribution of these interventions to symptom burden and quality of life.

Keywords: Holistic Nursing, Complementary Therapies, Oncology Nursing, Caregivers, Symptom Assessment, ESAS-TC

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