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M Technique® in the Preoperative Setting to Reduce Anxiety

Maureen Robbins, BSN, RN, CAPA, Debra McFarlane, BSN, RN, CAPA, Kathleen Hyland, RN, CAPA

Introduction

The M Technique® was created by Dr. Jane Buckle, PhD as a means of holistic communication. M Technique® works on the skin receptor sites that send signals to the brain through gentle touching. This technique can be used in place of massage when the receiver is fragile or ill or when the caregiver is not trained in massage.

This structured system of touch has been in practice since 1994. M Technique® is taught in universities, hospitals, hospices, nursing colleges and massage schools.

Objective

To minimize anxiety in the pre-operative surgical setting by using the M Technique® during placement of an intravenous catheter.



Intervention

The M Technique® is done through gentle touch while following three fundamental steps:

- Pressure and Speed
- Repetition of Strokes
- Structure of the technique

The M Technique® was performed on ten preoperative patients who exhibited signs of anxiety using a scale of 0-5. A zero rating is the lowest level of anxiety and 5 being the highest.



Results

Out of the ten patients who received the M Technique® during intravenous catheter administration, 8 patients reported a decrease level of anxiety with a rating of 3 or less. Only one patient reported no change of anxiety level.

Conclusion

Working as nurses in the pre-operative setting for over 25 years, it has been observed that intravenous insertions are very often, one of the most anxiety provoking experiences for patients. Our results show using the M Technique® prior to, or during intravenous insertion could reduce the patents' anxiety.

References

The M Technique® Rj Buckle Associates LLC
Complimentary Health Therapies Consultancy and Education <http://www.rjbuckle.com/>