



Enrich Your Job and Boost HCAHPS Scores Research & Team Resources

28. Authentic Touch Connects Body to Heart

Team Huddle Question: Today's lesson was on the difference between medical touch and healing touch. Today (if possible) let's hold a patient's hand or gently touch their arm or shoulder while talking with them.

At the end of your shift, share how your healing touch seemed to impact your patients. Did it help you to see them as a person, not just a disease?

Research:

Trudeau M. Human connections start with a friendly touch. *NPR*. September 20, 2010. <http://www.npr.org/templates/story/story.php?storyId=128795325>. Accessed May 15, 2015.

Koole SL, Sin MTA, Schneider IK. Embodied terror management: touch may alleviate existential fears for people with low self-esteem. *Psychological Science*. 2014;25(1):30-37. doi:10.1177/0956797613483478.

Elias M. Study: hugs warm the heart, and may protect it. *USA TODAY*. March 10, 2003. http://usatoday30.usatoday.com/news/health/2003-03-09-hug-usat_x.htm. Accessed May 15, 2015.

Cleveland Clinic's Public Domain Videos on Patient Care:

- Cleveland Clinic. Empathy: the human connection to patient care [video]. *YouTube*. https://www.youtube.com/watch?v=cDDWvj_q-o8. Published February 27, 2013. Accessed May 13, 2015.
- Cleveland Clinic. Cleveland Clinic's empathy series continues -- Patients: afraid and vulnerable [video]. *YouTube*. <https://www.youtube.com/watch?v=1e1JxPCDme4>. Published February 26, 2014. Accessed May 13, 2015.