

Qigong References Update

- Jahnke, R., L. Larkey, et al. (2010). "A comprehensive review of health benefits of qigong and tai chi." Am J Health Promot 24(6): e1-e25.
- Nine outcome category groupings
 - **psychological symptoms (n = 27)**
 - falls and related risk factors (n = 23)
 - cardiopulmonary effects (n = 19)
 - physical function (n = 16)
 - quality of life (n = 17)
 - patient-reported outcomes (n = 13)
 - self-efficacy (n = 8)
 - immune function (n = 6)
 - bone density (n = 4)

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Qigong References Update

- "Over time, as Meditative Movement is studied as a category of exercise, research may progress more efficiently to define the domains of physiological and psychological benefit."
- Larkey, L., R. Jahnke, et al. (2009). "Meditative movement as a category of exercise: implications for research." J Phys Act Health 6(2): 230-238.

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Experiential: Qigong Process

- Intro
- **Shaking like a tree**
- **Eight pieces of brocade**
- **Two Hands Hold up the Sky**

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Experiential: Qigong Process

- **Drawing the Bow**
- **Separate Sky and Earth**
- **Wise Owl Looks Backwards**

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Experiential: Qigong Process

- **Sway the Head and Shake the Tail**
- **Two Hands Reach for the Feet**
- **Swimming**
- **Bouncing**

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Experiential: Qigong Process

- **(One of the) Five Animals do the (one of the) six healing sounds (by Expelling the venom and detoxification breathing)**
- **Marriage of Sky and Earth (Rotating energy ball and ocean breathing)**
- ***(Circle walking as needed)**

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- Jahnke, R. A., L. K. Larkey, et al. (2010). "Dissemination and benefits of a replicable Tai Chi and Qigong program for older adults." *Geriatr Nurs* **31(4)**: 272-280.
- Tai Chi Easy
- Train-the-trainer method
- Practice leaders
- Significant improvements were found for participants' perceived stress levels (P = .003).
- Sleep quality and energy/vitality were markedly improved.
- Eighty-nine percent enjoyed the program

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New study planned

- Simplified Qigong exercises practice
 - Nurses
 - Recreational Therapist
- Inpatient adolescents
- Supplemental mood stabilizer
- 35 minute qigong
- 45 minute recreational therapy session
- POMS-A

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Thank you

- Questions?
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