

## STUDY FROM THE MULTIDISCIPLINARY UNIT IN THE HOSPITAL UNIVERSITARIO DE LA PRINCESA FOR THE TREATMENT OF FIBROMYALGIA.

DATA RECORDED AT THE HOSPITAL DE LA PRINCESA, MULTIDISCIPLINARY TEAM FOR THE TREATMENT OF FIBROMYALGIA.

SHIATSU APPLIED BY SHIATSU YASURAGI VOLUNTEERS, HUMANISATION PROGRAMME AT UNIVERSITY HOSPITALS IN MADRID.

After 4 weeks of Shiatsu treatment;

100% feel emotionally better after treatment  
100% deem treatment to be effective  
100% general improvement  
100% wish to continue treatment

About specific pains:

Relief or disappearance of shoulder pain 84%  
Relief or disappearance of elbow pain 66%  
Relief or disappearance of wrist pain 50%  
Relief or disappearance of hip pain 66%  
Relief or disappearance of knee pain 84%  
Relief or disappearance of ankle pain 33%  
Relief or disappearance of general back pain 50%  
Relief or disappearance of lower back pain 100%  
Relief or disappearance of trapezius pain 100%

The Hospital Universitario de la Princesa reports that after several studies on group interventions taking place at the Hospital de la Princesa, it can be noted that the patients participating in the programme feel improvement in health, personal care and family functioning.

### PRESENTATION OF DATA IN THE INSTITUTIONS

Fibromyalgia is a chronic pain syndrome characterized by the presence of widespread, diffuse pain, mainly of muscular type. In addition to pain, patients often have other secondary symptoms like fatigue, morning stiffness, sleep disturbances, and affective symptoms.

It is considered a psychosomatic illness and therefore it should also be approached from a psychological point of view by treating the emotional symptoms that can cause depression or anxiety, thereby providing pain coping strategies to improve the quality of life of patients. In 2004 the departments of Psychiatry and Rheumatology at the Hospital La Princesa initiated a group treatment programme for patients suffering from fibromyalgia and chronic pain. The goal was to help patients manage the pain related to the pathology.

Shiatsu Yasuragi volunteers begin their participation in June 2006, with the application of Shiatsu to patients of the group treatment programme who are affected by fibromyalgia

and chronic pain. In the meeting held by Jose Antonio Lopez (Director of Nursing Department), Santiago Moraleda (Deputy Director of Nursing Department), and Arturo Valenzuela (Director of the coordination centre for the Shiatsu service at University Hospitals of Madrid), the Hospital Universitario de la Princesa decided that the services of Shiatsu Yasuragi would be required.

The group of patients was composed of 85% women and 15% men, aged between 40 and 60 years

Location: Hospital Universitario de la Princesa in Madrid.

Units: Psychiatry and Rheumatology, group treatment programme for patients suffering from fibromyalgia and chronic pain.

Healthcare Personnel who run the Multidisciplinary Group Project: Rheumatologist Dr. Esther Patiño, Clinical Psychologist Montserrat Alcaniz and Psychiatry Specialist Nurse Remedios Oviedo.

Personal Shiatsu Yasuragi leading the project: Arturo Valenzuela, Fernando Cabo and Thais Otegui.

Number of volunteers participating for Shiatsu Yasuragi: 7 volunteers

Duration of the study: 30 days

Shiatsu Treatment Time: 30 minutes a day

Patients were given a questionnaire before and after each treatment

None of the patients had received prior Shiatsu treatment.

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