

SInews
ONLINE



THIS ISSUE:

Pediatric Care

Swedish Institute on-line newsletter for our students, faculty and community.

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In the News

It Takes a Planet

The Worldwide Search for CAM for Children

Contributions by pioneers in the field of integrative therapies for pediatric care—whether from researchers, teachers or practitioners—are increasingly of value as we face changes in the biomedical approach to common childhood illnesses and the growth of problems that drugs can't fix.

In an effort to do all they can for their children, many parents are turning to complementary and alternative medicine (CAM). As interest in CAM has grown, new research has also been accumulating. The use of CAM for children is being investigated worldwide, taking place in the U.S., as well as in countries that include Australia, China, Turkey, Ecuador, Russia, Sweden and France.

This issue of *SInews* takes a look at some of the professionals bringing the benefits of massage and acupuncture to children, whether it's to relieve acute conditions like the common cold, alleviate painful procedures, or manage the long term challenges of disability and chronic illnesses. They are part of a global effort to demonstrate how these timeless remedies can improve the lives of children, their parents, their doctors and nurses. *Read more.*

—Barbara Goldschmidt, editor

Photo above courtesy of International Loving Touch Foundation.

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The use of complementary and alternative medicine for children is being investigated worldwide, in countries that include Australia, China, Turkey, Ecuador, Russia, Sweden, France, the U.K. and the U.S.

Faculty Interview: Ann Cecil-Sterman, LAc

Acupuncture for Respiratory Conditions

Acupuncture Program faculty member Ann Cecil-Sterman ('03) sees many pediatric patients in her Manhattan practice. So far, most come for treatment for asthma and other issues common to children, such as coughs and cold. Her approach is gentle, using acupuncture and dietary changes together. It is based on the view in Chinese medicine that asthma involves lung function as well as the kidney's ability to "grasp" the lung energy. Because cold can weaken both the kidney and lung functions, Ann feels it is important to consider the energetic effects of everyday lifestyles.



"I have found the principles of Chinese medicine to be highly successful with pediatric asthma cases when acupuncture treatment is combined with dietary changes," Ann said. "Some children improve so much just with the dietary changes suggested, that they don't even need to come in. Others respond with one or a few treatments. Children have had very little damage done to their network of meridians, so they respond very well to acupuncture." [Read more.](#)

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Graduate Profile: Evelyn Li, LMT

Innovative Massage in a Pediatric Oncology Unit

Evelyn Li, LMT ('94) is part of the Integrative Therapy Program (ITP) at Columbia-Presbyterian's Pediatric Oncology Unit, where children being treated for cancer are offered massage, acupuncture, Reiki and aromatherapy. "These services are used to help alleviate side effects such as nausea, pain, anxiety and fatigue," Evelyn explained. "Family members can also receive our services, because children are very responsive to their caregivers and their well-being is an important part of the equation." The Integrative Therapy Program provides services for in-patient as well as outpatient departments of the hospital. [Read more.](#)

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Research

Massage Therapy Overview

An overview of the literature in pediatric massage published in *Pediatric Clinics of North America*¹ aims to provide clinicians with the proven and promising effects of massage therapy (MT) across disease-specific clinical applications. Its authors write that, "Given the current literature highlighting the benefits of MT in adults and the growing interest in the use of MT with children, examining the potential healing effects of MT in

children who have various medical conditions has become critical.”

In defining MT for use with children who have acute or chronic illness, the authors bring up an interesting point that highlights an evolution that is taking place as massage becomes mainstreamed into clinical practices. “One of the challenges in studying and defining MT is that it encompasses an increasing number of treatment modalities, each with distinct practice characteristics. The type of pediatric MT appropriate for children who have chronic and acute illness may differ substantially from classic Swedish or circulatory massage...New names are being used to describe these integrative MT treatments, such as Integrative Touch and Compassionate Touch.”

The authors also point to the need to look at differing notions about what constitutes therapeutic MT. “At one end of the spectrum, MT is directed primarily at symptom management, while on the other, MT can be viewed as creating enhanced well-being through multisystem integration (MSI), which can lead to an optimal healing experience. MSI has similar goals to those expressed in acupuncture literature, emphasizing balance, homeostasis, healing, well-being, and a departure from symptom abatement alone.” Those working with children will appreciate this overview.

¹ Beider S, MPH, LMT, Mahrer N, BA, Gold JK, PhD. "Pediatric Massage Therapy: An Overview for Clinicians." *Pediatric Clinics of North America*, 2007 Dec; 54(6): 1025-1041. Shay Beider can be reached at shay@integrativetouch.org.

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Professional Journal Review

The Ethics of Working with Minors

Acupuncturists and massage therapists who plan to work with children should consider creating written, ethical guidelines to give to parents, as well as a consent form that parents can sign. In an excellent article in *Massage Therapy Journal*, Dianne Polseno, LMT, provides a basis for developing such guidelines and gives examples of consent forms.

Basically, Dianne recommends the following:

1. **Know if the local licensing laws pertaining to your profession contain specifications for working with minors.**
In the absence of any such specification, be aware that only those who are 18 or older have the legal capacity to consent to medical care and treatment; all minors must have parental or guardian consent.
2. **Create a formal policy about your procedure for working**
Communicate to parents and the child that your policy includes such things as taking a medical history, having parental consent, parental attendance during the treatment, a doctor's referral when necessary, and what amount of disrobing may be required.
3. **Obtain parental consent**
The fact that parents seek services for their children implies that they give consent, yet it is still wise to obtain written consent as well.
4. **Provide all aspects of the treatment with minors in the**

presence of a parent or guardian.

"The Ethics of Working with Minors" by Dianne Polseno, LMT, *Massage Therapy Journal*, Spring 2004; 43(1): 134-38 is archived on the American Massage Therapy Association website, where viewers can read the whole article.

Dianne Polseno, LMT, is President, Cortiva Institute - Boston. She can be reached at dpolseno@cortiva.com.

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Professional Continuing Education

Current Classes for Infants and Children

Many parents turn to the gentle remedies offered within complementary and alternative health care for help with issues that arise while raising children. Massage therapists and acupuncturists working in this arena will need continuing education courses that specialize in pediatrics, as well as an expanded spectrum of techniques that will appeal to children.

One of the courses in this semester's Professional Continuing Education (CE) Program is "Alternative Treatments for Children with Learning, Behavioral and Emotional Issues", offered by Mariola Strahlberg, LAc. Mariola will be presenting her approach in a two-day [workshop](#) on April 27 and May 4, 2008.



"I enter the mystery of a human being through the senses, which I find appeals to children," Mariola explained. "I use the senses of sight (color), hearing (tuning forks and music), smell (essential oils), touch (tapping and Raindrop Technique), and taste (healthy eating). Those are the five basic senses, and then I add others: movement and balance (Brain Gym®), words and thoughts (conscious language) and warmth. (A

colorpuncture treatment is pictured above.)

Practitioners in the class may want to eventually pursue certification in modalities useful for pediatrics, such as [Acutonics®](#), [Brain Gym®](#), and [Raindrop Therapy](#), which are also offered this semester. Other courses specific to infant and children health are:

- Pre and Perinatal Massage
- Labor Support Doula Training
- Acupuncture and Birth
- Helping Fertility Naturally with Reflexology
- Relieving Postnatal Symptoms with Reflexology
- Techniques for Labor and Birth

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Massage Therapy Offsite

Parent care at the Ronald McDonald House of New York



Anyone who works with pediatric care knows that the state of mind of the parent influences the well-being of the child. About eight years ago the Massage Therapy Program at the Swedish Institute began sending interns to The Ronald McDonald House of New York

to offer relaxing chair massage sessions for parents. Student interns go as a supervised group to "The House", as it's called by residents, to provide half-hour sessions in the Greenhouse. Located on a spacious top floor room filled with plants, huge windows and skylights, the Greenhouse has a spa-like quality that enhances the effects of the students' hands-on therapy. [Read more.](#)

Helping these families out is something that students in the Massage Therapy Program look forward to, and going to RMDH of New York is a popular option for [offsite internships](#). The Acupuncture Program also offers [offsite internships](#) that take supervised students into the community. Both programs aim to provide massage therapy and acupuncture to populations that might otherwise not have access to these valuable therapeutic modalities.

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Family and Caregiver Education

No Child is an Island

Practitioners of massage and acupuncture realize that there is a potent energetic field that bonds parent and child, and many find ways to involve parents in the child's care. Research that involves massage applied by parents, grandparents or those who assume the parental role, has found that educated touch can be beneficial for receivers as well as givers.

When Tiffany Fields, PhD, Director of the Touch Research Institutes, used parents to massage their children with diabetes every night for one month, the children's blood sugar levels returned to normal.¹ Grandparents who massaged infants showed improvements in their own well being.² In a European study where parents used Tuina (a form of Chinese massage) on children with autism, all children showed a reduction in autistic behaviors as well as an increase in markers of normal development. Five children in that group who had chronic diarrhea showed mild to marked improvements.³

Another study funded by a grant from the Massage Therapy Foundation used massage specifically for diarrhea in children. Authors reported that approximately two million children younger than five die each year as a result of diarrhea and associated dehydration, usually in developing nations. Researchers went to an orphanage in Ecuador where they taught caregivers a therapeutic massage. Results of this pilot study showed that infants who were massaged daily had significantly fewer days of diarrhea and slightly lower rates of overall illness than infants in the control group.⁴ [Read more.](#)

Our Continuing Education Program regularly offers certification courses for professionals who want to teach infant massage. This semester's course,

offered by Diana Moore, MS, LMT, founder and director of the International Loving Touch Foundation, is filled to capacity.

For information on other classes focusing on the needs of infants and children go to our Continuing Education catalog to search the Women's and Children's Health section. Read about an alumna who went to teach infant massage at a children's hospital in Cambodia.

Teaching the Children

Practitioners in Europe have set out to teach children a structured approach to healthy touch in classrooms and other settings. The Peaceful Touch project brings teachers into preschool and elementary schools. In Sweden, where more than 300,000 children practice Peaceful Touch on a regular basis, both teachers and parents report lower levels of anxiety and aggression, and improved group functioning. This group now has instructors in Connecticut and California.



A different organization, the Massage in Schools Association (MISA) has branches in Sweden, Australia, UK, Ireland and Scotland. Hear an archived radio broadcast featuring a practitioner bringing massage to schools in Canada.

¹ Field, Tiffany, PhD. *Touch Therapy*. Churchill Livingstone, 2000.

² idib

³ Silva, Louisa; Cignolini, Anita, MD. "Medical Qigong Methodology for early Intervention in Autism Spectrum Disorder." *American Journal of Chinese Medicine*; 33 (2): 315-327.

⁴ Jump, Vonda, PhD; Fargo, Jamison, PhD; Akers, James PhD. "Impact of Massage Therapy on Health Outcomes Among Orphaned Infants in Ecuador." *Family and Community Health*, Dec 2006; 29(4): 314-19.

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Worth Pondering

How crucial is touch to children?

In his well known book *Touching: The Human Significance of the Skin* Ashley Montagu wrote about a 1915 report on U.S. orphanages in ten different cities which made the staggering disclosure that in all but one institution every infant under two years of age died. It was not until after World War II that "marasmus" as it was called, was understood to be the result of hospital conditions that were sanitary, but emotionally sterile. In response, several pediatric wards introduced the concept of "mothering", establishing the rule to pick up, carry around and rock infants several times a day. At one such institution, Bellevue Hospital in New York, the mortality rate for infants fell from 30 to 35 percent to less than 10 percent that year.¹

It was Montagu's book which inspired Tiffany Field, PhD, to do her first research with massage therapy and premature infants. The success of her findings led to changes in hospital neonatal units and the establishment of

the [Touch Research Institutes](#), the first organization in the world to study the applications of touch to science and medicine. Thanks to these pioneering studies, we are beginning to understand how rhythmic touch can dramatically reduce the debilitating effects of trauma and stress, which in the case of infants seems to confer life-saving benefits.

¹ Harper & Row, second edition, 1978, page 79.

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All photos ©Barbara Goldschmidt 2008, except for the top photo (courtesy of International Loving Touch Foundation), the Ronald McDonald House images (courtesy of RMDH of New York) and drawing of children embracing the planet (courtesy of Massage in Schools Association).

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