

J23 Caring Hands

June 2009

Intro: Suffering patients know the importance of human touch. The power of personal contact to the sick or post-surgical patient can be profound. Whether it's a massage or knitting a shawl, health care volunteers like the ones you're about to meet know there is healing in caring hands.

Video

Total running time 1:39

CG: :04 to :08

Trish Zimmer

Mayo Clinic volunteer

Audio

“WE USE OUR HANDS CAREFULLY
IN SHOWING CARE AND
COMPASSION FOR THE PATIENT.”

COMPASSION IS WHAT
VOLUNTEER TRISH ZIMMER
SHOWS TO HEART TRANSPLANT
PATIENT GORDY GRATZ. SHE
KNOWS SHE'S DOING MORE THAN
JUST HELPING HIM RELAX.

“IT ALLEVIATES PAIN. IT
REDIRECTS THEIR FOCUS.”
RESEARCH SHOWS MASSAGE MAY
ALSO IMPROVE BLOOD FLOW. AND
IT MAY REDUCE ANXIETY,
SOMETHING WITH WHICH MANY
PATIENTS STRUGGLE WHEN

FACED WITH SERIOUS ILLNESS.
GORDY JUST KNOWS IT HELPS.

“IT FEELS WONDERFUL.”
MASSAGES ARE JUST ONE WAY
VOLUNTEERS AT MAYO CLINIC ARE
USING CARING HANDS TO EASE
PATIENTS’ SUFFERING. KNITTING
IS ANOTHER.

“DEAR GOD, PLEASE PUT YOUR
ARMS AROUND THIS PERSON’S
SHOULDERS.”

VOLUNTEER LINDA WARD PRAYS
OVER THE SHAWLS AS SHE KNITS.

“PUTTING PRAYERS INTO
SOMETHING I’M KNITTING AND
GIVING IT TO SOMEONE IS LIKE
PUTTING A BIG HUG AROUND
THEM.”

FROM KNITTING HANDS TO THOSE
FOLDED IN PRAYER. CARING
HANDS TO PROMOTE COMFORT
AND HEALING.

CG :54 to 1:02

Linda Ward

Mayo Clinic volunteer

stand up

CG 1:02 to 1:08

Vivien Williams

Reporting

CG 1:08 to 1:12
Audrey Lukasak
Chaplain

“MAY THIS BLANKET BE A SIGN OF
YOUR HEALING PRESENCE.”

CHAPLAIN AUDREY LUKASAK
GIVES THE SHAWLS TO PATIENTS
WHO'D LIKE THEM.

“MAY IT EMBRACE ME WITH
CARING WHEN I AM IN PAIN. MAY IT
REMINDE ME THAT YOU ARE WITH
ME AS I EXPERIENCE THIS DAY.”
FOR ANYONE OF ANY RELIGION.

“A SYMBOL OF WANTING YOU TO
KNOW THERE ARE A LOT PRAYING
FOR YOU AND CARING FOR YOU
DURING THIS TIME.”

MAKING THE JOURNEY A LITTLE
EASIER. FOR MEDICAL EDGE, I'M
VIVIEN WILLIAMS.

Anchor tag:

A Mayo Clinic study showed that prayer by a third party does not guarantee healing. But research does suggest that tending to spirituality, especially during a time of need, can improve quality of life and promote healing.

The programs are part of Mayo Clinic's effort to take care of the whole patient, not just their medical needs. Caring hand volunteers are an integral part of making that happen. For more information, visit our Website at...**[STATIONS: Per the licensing agreement, please provide a link from your station's website to <http://www.mayoclinic.org> or voice tag "mayoclinic.org" for more information.]**