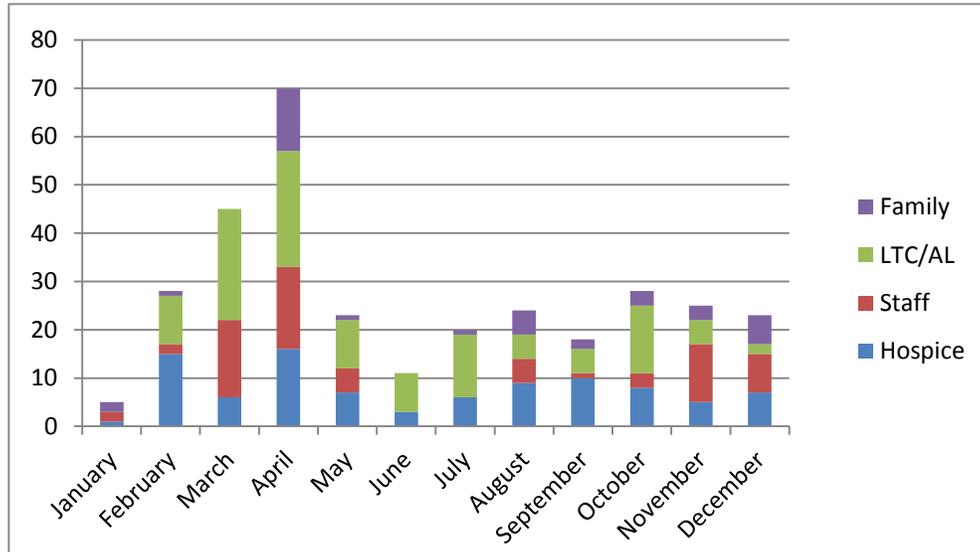
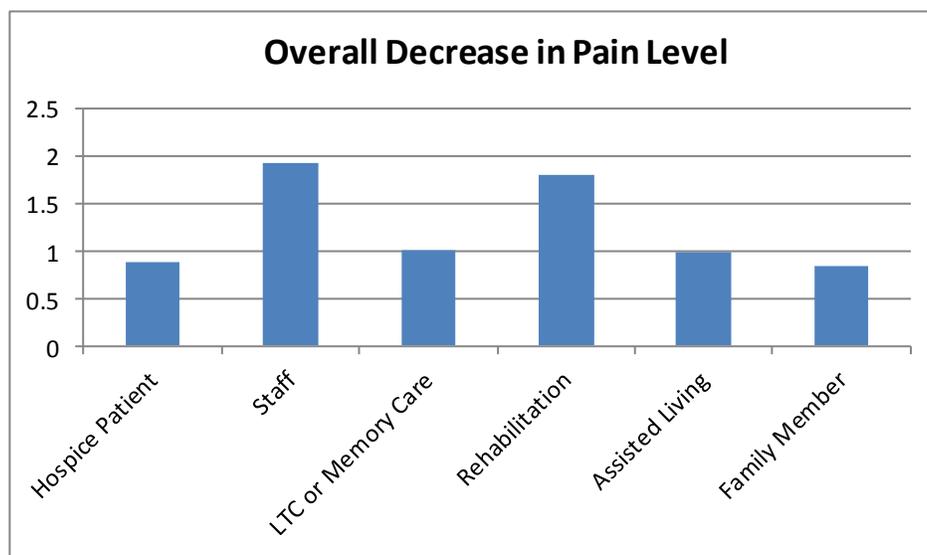


2013 Analysis and Review

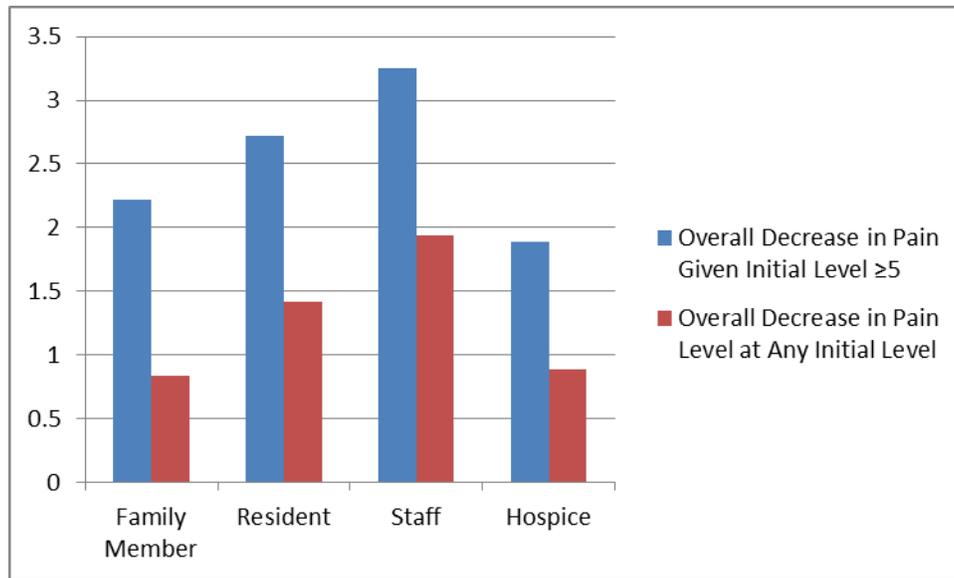
There were approximately 350 total individuals documented and treated in 2013 including staff, family members, hospice patients, assisted living residents, long term care patients, and memory care patients. The combination varied each month ranging from 5-70 patients seen per month.



The most significant analytical tool was examining overall change in pain levels. Measurements were determined from therapist documentation of both before and after UZIT. An important note is that all the overall differences reflect positive changes correlated to a decrease in pain. Pain levels are noticeably different for both staff and rehabilitation patients. Change in pain levels decreased as little as 0.83 units and as large as 1.94 units on the 10 unit measurable scale.



Of the 350 individuals undergoing therapy, approximately 20% began the session with a significant pain level of greater than or equal to 5 units on the 10 unit scale measured. A comparison between these individuals and individuals at all pain levels is below. The figure is dramatic in that those who suffered from increased pain before therapy saw the most noticeable decreases in pain. This is consistent across all categories of individuals worked with.



Personal Commentaries for Consideration:

- UZIT Stephanie worked with a rehabilitation resident who had a hip surgery and was suffering from extreme pain. Through oils, reiki, and body scan therapy, the resident's self-reported pain level was reduced from a 9 to a 1 and the Urban Zen therapist helped the patient move positions to gain comfort. She does not want pain meds so she seeks Urban Zen as much as possible.
- UZIT Lori worked with a staff member on the dementia unit who had significant pains in her right shoulder from constant lifting and daily patient care. Lori used reiki on her forehead along with breath awareness during this quick session. She gave the associate aromatherapeutic oil on a cotton pad to apply to the pained area. The associate felt heating and cooling immediately and loved the session. The associate commented how much better she felt and had noticed the presence of UZITs around the campus. The associate was eagerly interested in training for her own self-care and working with residents.
- UZIT Lori worked with a family member of a hospice patient who he himself was undergoing dialysis. Pain, anxiety, and exhaustion were chief complaints. Gentle movement, breath awareness, and citrus fresh aromatherapy really helped the client. He felt calm, relaxed and relieved to be seen.