

# A Review on Little Hands of God and Love Therapy

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**Abstract:** This paper presents review on little hands of love and god therapy developed by two Brazilian nurses.

**Keywords:** Latex gloves, mimic human touch.

## 1. Introduction

Brazil's health system is under strain as the number of Covid-19 cases and deaths continues to rise. Despite the impossibility of the situation, it is the compassion of the frontline personnel that is eliciting emotional responses online. A nurse comforting an ill patient to simulate the "caring human touch" is one such new idea that has gone viral. The current coronavirus epidemic is wreaking havoc on individuals all across the world, and the Latin American country has been particularly hard hit. A nurse was praised for her thoughtfulness in utilising disposable surgical gloves to imitate human contact. Because the coronavirus prevents loved ones from being physically present.

Therapy is developed by Semei Arajo Cunha and Vanessa Formenton.

The technique was devised by the two nurses approximately a month ago, just as the current COVID-19 outbreak was ramping up. Brazil currently leads the globe in COVID-19 fatalities per day and is just second to the United States in overall deaths. Patients are put into isolation in intensive care units, away from family and friends, in the fight against COVID-19.

However, two nurses in the small city of Sao Carlos, in the state of Sao Paulo, have developed a technique to aid using a millimetre of latex and warm water to simulate human contact. While working at the Santa Felicia Emergency Care Unit, Semei Arajo Cunha and Vanessa Formenton devised a technique they term "small hands of love."

### A. How therapy developed?

In a hospital shower, they fill latex medical gloves with warm water and tie them off like water balloons.

Cunha displayed how she places the gloves on an unconscious guy battling COVID-19 for his life, one glove on either side of the hand. "The patient feels as if someone is holding their hand," Formenton explained. The guy is one of several patients in a cramped hospital room, each of whom is hooked up to a slew of equipment that monitor their vital signs

with a cacophony of sounds and sirens.

### B. Advantages of therapy

Both the nurses claim that warming patients' hands has numerous benefits as:

- Improved Emotional support.
- Improved blood flow.
- Cold hands can cause erroneous measurements of a patient's blood oxygen levels, giving the impression that oxygen levels are low. The gloves prevent this from happening.
- The practice is now being used in hospitals around the city, with employees applauding the "hands of love" for providing rapid effects.
- "It's incredible to watch how quickly the patient's condition changes; it's wonderful," Cunha said in an interview.
- Feeling of assurance
- Feeling of warmth
- Feeling of Security
- Feeling of safety
- Feeling of completeness
- Positive feeling of not being alone
- Feeling of relaxation as somebody is holding hands.
- Feeling of being loved
- Feeling of being in safe hands
- Stress reducer
- Cheap as only a pair of latex gloves is required
- Warm water may be available at any ward



Fig. 1. Latex gloves filled with warm water tied over covid patient's hands admitted in ICU. Hands mimic human touch

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### C. Advantages for nurses

- This therapy may help nurses to render more empathetic care to her patients.
- As this therapy involves mimicking human touch with warm and compassion. This therapy may be great help for nurses dealing with comatose or semiconscious patients.

### D. Use in Clinical Nursing

- Nurses working in pediatric wards may use this therapy while dealing with small children because they are the ones who need support and care the most.
- Nurses may use this therapy in India as well while treating covid positive patients admitted in ICU.
- Nurses can teach this new innovative therapy while planning care for covid patients to their teams.
- This therapy can be used in nursing procedures as a general therapy not only for covid but for some semi and full unconscious patients too.

## 2. Conclusion

This paper presented an overview on little hands of god and love therapy.

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