

## A NEW CONSTRUCT: MINDFUL PROCEDURAL TOUCH

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**T**raditionally, touch in health care has been classified as either functional or expressive. Yet, this nomenclature denies the reality that all touch is expressive, and touch that is purely functional may express objectification. The dilemma lies in expressing care while respecting patient boundaries, especially during intimate touch. Mindfulness offers a solution to this dilemma. Mindful touch—being present to the sensations of touch while connecting to an intention of care—allows the health care professional to convey care during functional touch while enjoying the benefits of person to person connection. ■