

This bachelor's work focuses on the value of touch in nursing care. The goal of the work is to show the importance of touch and the way in which touch can be used in nursing, and to investigate nurses' knowledge about using touch therapeutically and how frequently nurses are employing these methods in their daily practice.

This work is composed of a theoretical and an empirical investigation of this topic. The theoretical part focuses on the healing potential of touch in nursing. Nurses, who have the closest contact with patients, have a significant impact on patients' experience during their stay in a hospital. This work examines the three main means of touch used to support patients: haptic touch or nonverbal communication through touch; basal stimulation for severely ill patients; and Therapeutic touch, that works with a distant touch.

The empirical part of this work consists of an analysis of the results of a survey examining nurses' awareness and use of methods of touch in their work, as well as their approach towards these methods.