



The Effectiveness of Acupressure in the Quality of Sleep of the Head and Neck Cancer Patients receiving Chemotherapy: The Application of Rogers' Theory

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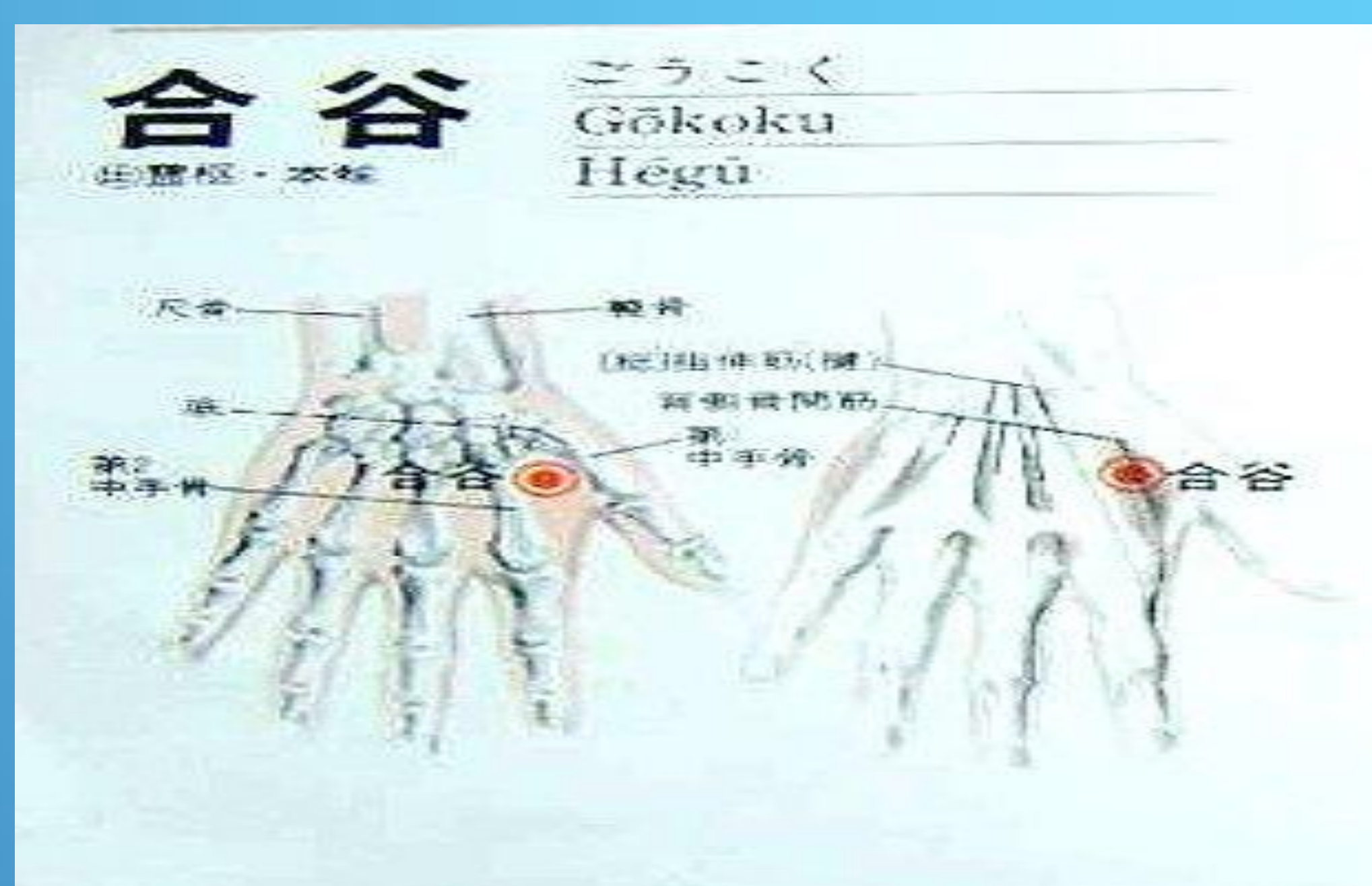
Aims:

- examine the effectiveness of acupressure in regards to the quality of sleep of head and neck cancer patients receiving chemotherapy

Methods:

- an experimental design
- purposive sampling: 58 head and neck cancer patients (PSQI > 5) receiving chemotherapy from the head and neck cancer units of a medical center in southern Taiwan
- acupressure protocol: two weeks, five days per week, two times per day with one session in the morning and one in the evening, each session lasted 12 minutes
- acupoint: **LI 4, PC6, ST36**

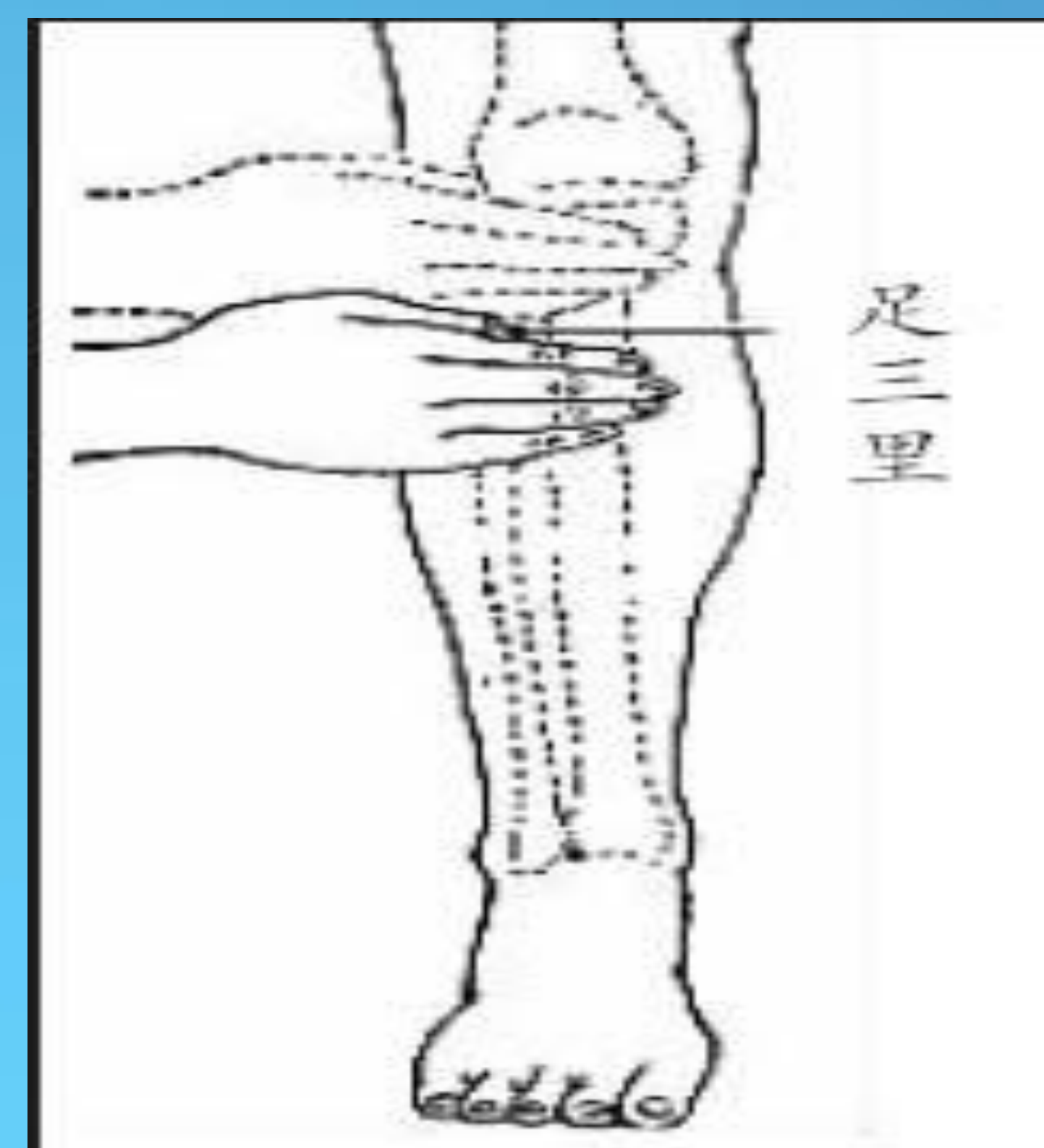
• LI 4



• PC6



• ST36



Results:

- acupressure significantly improved the quality of daily sleep, as well as the sleep quality in the previous one month
- Subjective sleep quality, sleep latency, sleep duration, habitual sleep efficiency, sleep disturbance were all significantly improved.

Discussion/Conclusions:

- suggest: four week long acupressure research study be conducted, continuous intervention shall result in better treatment effectiveness
- This study serves as a reference for medical practitioners to help improve sleep quality of Head and Neck cancer patients receiving chemotherapy.

Key words: Acupressure; Head and Neck Cancer Patients; Quality of Sleep

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