

Title:

Auricular Acupressure in Enhancing the Effectiveness of the Nurses Quality of Sleep

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Session Title:

Auricular Acupressure in Enhancing the Effectiveness of the Nurses Quality of Sleep

Slot:

LE 03: Saturday, September 27, 2014: 10:15 AM-11:00 AM

Scheduled Time:

10:15 AM

Keywords:

auricular acupressure and sleep quality

References:

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Learning Activity:

LEARNING OBJECTIVES	EXPANDED CONTENT OUTLINE	TIME ALLOTTED	FACULTY/SPEAKER	TEACHING/LEARNING METHOD	EVALUATION/FEEDBACK
Example Critique selected definition of the term, "curriculum"	Example Definitions of "curriculum" Course of study Arrangements of instructional materials The subject matter that is taught Cultural "training" Planned engagement of learners	Example 20 minutes	Example Name, Credentials	Example Lecture PowerPoint presentation Participant feedback	Example Group discussion: What does cultural training mean to you?
Interduce the acupressure background and reference	Interduce acupressure, and the response locations of ears (shenmen	6 minutes	Lin-ying Chiang	Lecture; PowerPoint	What dose the audiences think about acupressure?

	, heart, subcortex, and occiput)				
Perform auricular acupressure correctly to enhance the quality of sleep	The result of applications; feedback; conclusion	9 minutes	Lin-ying Chiang	Lecture; PowerPoint; Participant feedback	the experience of insomnia sharing, and the opinion of alternative medicine from participants

Abstract Text:

Background:

Because lifestyle changes, now there is an upward trend in the incidence of insomnia, each about three to four ten people have insomnia. Rotating three-shift nurses often lose sleep because of the problem, according to the literature that can be avoided through the use of auricular acupressure hypnotic or sedative side effects, to help improve sleep quality and insomnia and improve efficiency.

Purpose:

Promotion of auricular acupressure as an alternative therapy refer to improve sleep quality, and health, further more to increase the working efficiency of nursing staffs.

Methods:

This study, which used a quasi-experimental design, targeted on nurses working in a medical center of northern Taiwan. The nurse staffs who scored above 5 on the Pittsburgh Sleep Quality Index (PSQI). Then using 3M adhesive tape affixed ear pressed to 4 different location of ears, the experimental group and control group differences in the effectiveness of auricular acupressure on. Data to SPSS / Windows 18.0 statistical software package for descriptive and inferential statistical analysis.

Results:

The results show that a scale of education in the Pittsburgh statistically significant difference ($t = -2.328, p < .05$); sleepiness scale in age ($F = 4.193, p < .05$), grade ($F = 3.283, p < .05$), years ($F = 4.104, p < .05$) and salary ($t = 2.260, p < .05$) were statistically significant differences; tired to work stress scale in a statistically significant difference ($F = 4.972, p < .05$) And post-auricular acupressure by both scores decreased significantly after four weeks fell to Pittsburgh, the average scale scores of 6.44 ($p < .05$), four weeks after the sleepiness scale scores dropped an average of 9.89 ($p < .05$), around the average scale scores after fatigue reduced by the 67.53 53.74 ($p < .05$).

Conclusion:

This study tested the auricular acupressure on sleep quality and fatigue were improved, is widely expected to promote to help improve sleep quality and efficiency of nursing staff.