

Title:

Effects of Acupression on Pericardium 6-Point With Wrist Band on Postoperative Complications of Patients

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Session Title:

Research Poster Session 1

Slot (superslotted):

RSC PST 1: Friday, 28 July 2017: 10:00 AM-10:45 AM

Slot (superslotted):

RSC PST 1: Friday, 28 July 2017: 12:00 PM-1:30 PM

Keywords:

acupression, nursing care and postoperative complications

References:

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Chung, Y., Tsom, M., Chen, H.C., Lin, J., Yeh M. (2014). Integrative acupoint stimulation to alleviate postoperative pain and morphine-related side effects: A sham-controlled study. *International Journal of Nursing Studies* 51, 370-378.

Hmwe, N. T. T., Subramanian, P., Tan, L. P., & Chong, W. K. (2015). The effects of acupressure on depression, anxiety and stress in patients with hemodialysis: A randomized controlled trial. *International journal of nursing studies*, 52(2), 509-518.

Lee, A., & Fan, L. T. (2009). Stimulation of the wrist acupuncture point P6 for preventing postoperative nausea and vomiting. *The Cochrane Library*.

Abstract Summary:

This study was done to evaluate the effects of acupression on the pericardium 6 point with wrist band on prevention of postoperative complications of patients. Acupressure application on the P6 acupuncture point with a wrist band is as effective as pharmacological methods in the prevention of nausea and vomiting

Learning Activity:

LEARNING OBJECTIVES	EXPANDED CONTENT OUTLINE
The learner will be able to learn the effects of acupression on the pericardium 6 point on the wrist with a wrist band on prevention of nausea and vomiting, decrease the anxiety and	The learner will be able to apply the acupuncture on postoperative complications of patients

increase the patient comfort in the postoperative period	
The learner will be aware of their effects acupression on the pericardium 6 point on the wrist with a wrist band on postoperative complications	The learner will be able to teach the acupression on the pericardium 6 point on the wrist with a wrist band to the patients and family

Abstract Text:

Purpose: This study was done to evaluate the effects of acupression on the pericardium 6 point on the wrist with a wrist band on prevention of nausea and vomiting, decrease the anxiety and increase the patient comfort in the postoperative period with this randomized and controlled experimental study.

Methods: The study was conducted on 97 individuals (experiment group, n:47; control group, n:50) who had underwent gynecological operations (Operations of A, B and C groups) except cesarean section at an obstetrical hospital in Bursa. Data were collected in the forms of Patient Information Form, Nausea and Vomiting Surveillance Form, State-Trait Anxiety Inventory, Perianesthesia Comfort Scale and General Comfort Scale and the data obtained were analyzed using SPSS program.

Results: No statistically significant differences were found between the groups in the specifications that might affect the postoperative nausea and vomiting status of the patients (age, type of operation, nausea and vomiting experience in prior operations, status of cigarette smoking, history of car sickness, body mass index, preoperative state-trait anxiety points, and type and duration of anesthesia; $p>0,05$). Application of acupression on the point of P6 in 0-48 hours after the operation was identified to be as effective as pharmacological methods on the prevention of vomiting, while it was even more effective on the severity of nausea and was equally effective on vital signs compared to the pharmacological methods. Median duration of hospitalization of the individuals, perianesthesia comfort points, postoperative state-trait anxiety points and General Comfort Scale were 4 days and 5 days, 5,33 and 4,87 points, 46 and 44 points, and 156 and 148 points in the experiment and control groups, respectively. These data obtained demonstrated that the duration of hospitalization was shorter, state-trait anxiety was decreased further and general comfort was better in the experiment group compared to the control group.

Conclusion: In conclusion, acupressure application on the P6 acupuncture point on the wrist with a wrist band is as effective as pharmacological methods in the prevention of nausea and vomiting which develop during the postoperative period. On the other hand, this study suggested that absence of nausea and vomiting might have provided comfort and thus comfort of the individual might have resulted in the decrease of anxiety level.