

4136495 RAAN/M : MAJOR : ADULT NURSING;M.N.S.
(ADULT NURSING)

KEY WORDS : REFLEX ZONE THERAPY/PAIN/DISTRESS/
ABDOMINAL HYSTERECTOMY

WUNPEN PANYIM : EFFECTS OF REFLEX ZONE
THERAPY ON PAIN AND DISTRESS IN ABDOMINAL
HYSTERECTOMY PATIENTS. THESIS ADVISORS : SOMPORN
CHINNOROS,M.N.S.,MAYUREE JIRAPINYO,M.D. 147 p.
ISBN 974-665-191-9

This was a quasi-experimental research aimed to compare the Foot Reflex Zone Therapy (FRZT) on pain, distress, vital signs (RR.,PR.,BP.), and number of doses of analgesic used in the first 3 days of vertical line abdominal hysterectomy. The patients who received the FRZT or the usual care were in gynecological wards (general-and private),Obstetric-Gynecology Department of the Faculty of Medicine, Ramathibodi Hospital, from April to June,2000.

A purposive sample was divided in two equal groups, 30 patients in the experimental group and 30 patients in the control group.The study instruments were comprised of demographic collection, Johnson two component pain scale, the record form of vital signs automatic sphygmomanometer, and a watch with a second hand. The experimental group, received the FRZT once a day. In both groups, demographic data was completed. The vital signs immediately before and after treatment was collected. In the experimental group the FRZT was performed by the investigator, they received the FRZT once a day. The assistant investigator completed the data about pain and distress. Both groups were administered for 30 minutes during 1.30-4.30 p.m., on post-op day 1, 2, and 3. Data was analyzed using t-test.

The results showed that: 1) The mean scores of pain and distress of patients who received the FRZT were significantly decreased than before on post op day 1, 2, and 3. 2) The mean scores of pain of patients who received the FRZT were significantly decreased than patients who received the usual care on post-op day 1 and 2. The mean scores of distress of patients who received the FRZT was significantly decreased than patients who received the usual care on post-op day 1, 2, and 3. 3) In the patients who received the FRZT the results showed only a significantly greater decrease of mean blood pressure after receiving the FRZT in diastolic blood pressure on post-op day 2, while pulse and respiratory rate were significantly decreased after receiving the FRZT on post-op day 1, 2, and 3. 4) The results showed a difference of mean vital signs in mean diastolic blood pressure (on post-op day 3, only). The respiratory rate (on post-op day 1, 2, and 3) of patients who received the FRZT were decreased than for patients who received the usual care.

In conclusion, the abdominal hysterectomy patients in this study benefited from the FRZT by relief of pain and distress through the promotion of relaxation.