

Original Paper

Effect of foot reflexology massage on feeling of comfort in open heart surgery patients: A clinical trial study

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Abstract

Background and Objective: Patients experience full stress condition after open heart surgery. Foot reflexology massage has a potential impact on the comfort of patients with special care. This study was done to evaluate the effect of soles of feet reflexology massage on feeling of comfort in open heart surgery patients.

Methods: This clinical trial study was done on 70 patients who were divided into intervention and control groups using permutable blocking method. 35 patients in interventional group were received Soles of feet Reflexology Massage after meseasurement of vital signs for six days. 35 patients in the control group did not receive any intervention received routine care. Data gathering tools were demographic items and HCQ questionnaire, which was completed in two stages, 24 hours after surgery, before massage and the 6th day after massage.

Results: The mean total comfort score in the intervention group was 103.1 ± 9.04 and 110.63 ± 7.6 before and after the intervention, respectively. This difference was not significant. The mean total comfort score in control group was 105.14 ± 10.37 and 111.29 ± 7.56 perior and the end of study, respectively, this difernce was not significant. Also, there was no significant difference between considering the mean scors of comfort between the tow in the intervention and control groups.

Conclusion: Reflexotherapy massage had no effect on feeling of comfort in open heart surgery patients.

Keywords: Open heart surgery, Feeling of comfort, Reflective massage

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