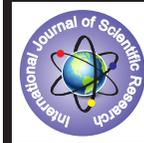


A Study to Assess the Effectiveness of Back Massage on Reduction of Pain and Anxiety Among Patients with Stroke at Selected Hospitals Madurai



Medical Science

KEYWORDS : Back massage, pain and anxiety, stroke

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ABSTRACT

Stroke is a global health problem. It is the healthcare professionals' to actively address early prevention and management of post stroke shoulder pain. This study was conducted to assess the effectiveness of back massage on reduction of pain and anxiety. A Quasi experimental study was adopted for the study. Out of 60 samples 30 were experimental group, 30 were control group by using purposive sampling technique. Reliability of the tool was $r = 0.8$. The findings revealed that the mean and SD of post test level of pain and anxiety was reduced compared to pre test. The back massage was effective with statistically significant between groups. There was a significant association between the post test level of pain and education and a significant association between level of anxiety and education, age, income, occupation in experimental group. The back massage was significantly effective in reducing pain and anxiety among patients with stroke.

Introduction

Wisdom is nothing more than healed pain Stroke is the second commonest cause of death and fourth leading cause of disability worldwide. Functional shoulder motion is fundamental for effective hand use and during activities of daily living. It is the healthcare professionals' ethical responsibility to actively address early prevention and management of post stroke shoulder pain. When pain becomes constant in a person's daily routine, feeling of anxiety may occur.

The association of chronic pain and anxiety can result in less activity and greater disability. Massaging is the art of rubbing as defined by Hippocrates, massage would stimulate the release of certain chemicals in the body such as serotonin, endorphins and also cause beneficial mechanical changes in pain and helps to relax and enjoy happiness.

STATEMENT OF THE PROBLEM

A study to assess the effectiveness of back massage on reduction of pain and anxiety among patients with stroke at selected hospitals Madurai.

OBJECTIVES

- To assess the pre and post test level of pain and anxiety among patients with stroke in experimental group.
- To assess the pre and post test level of pain and anxiety and among patients with stroke in control group.
- To evaluate the effectiveness of back massage on reducing pain and anxiety among patients with stroke in experimental group.
- To find out the relationship between post test level of pain and anxiety among patients with stroke in experimental group.
- To find out the association between post test level of pain and anxiety with their selected demographic variables in experimental group.

HYPOTHESES

- Mean post test level of pain and anxiety will be significantly lower than pre test level of pain and anxiety in experimental group.
- Mean post test level of pain and anxiety among experimental group will be significantly lower than control group.
- There will be a significant relationship between post test level of pain and anxiety among experimental group.
- There will be a significant association between post test level of pain and anxiety and their selected demographic variables in experimental group.

METHODOLOGY

Quantitative approach was used. Quasi experimental design - pre test post test control group design. The study was conducted at Dr. Neethiarasu Neuro Hospital, K.K. Nagar Madurai. population comprises of all the patients having stroke and admitted at V.Neethiarasu Neuro hospital. Sample size of this study consist of 60 stroke patients (30 in experimental group and 30 in control group) based on inclusion and exclusion criteria. Purposive sampling technique was used.

DATA ANALYSIS AND INTERPRETATION

The analysis reveals that with respect to pain the mean value 5.3 with SD 1.14 of post test and the mean value 7.1 with SD 1.24 of pre test projects 't' value was 10.18 is statistically significant at $P = 0.05$ level. Regarding anxiety the mean value 62.93 with SD 8.51 of post test and the mean value 75.63 with SD 12.54 of pre test projects 't' value as 8.59 is statistically significant at $P = 0.05$ level.

Fig. 1 Distribution of samples based on the level of pain in pre test and post test among experimental group

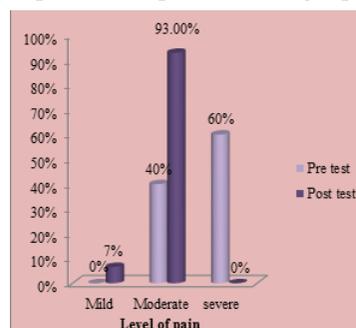
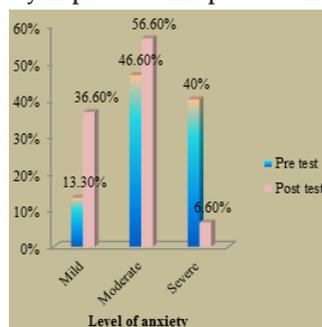


Fig.2. Distribution of samples based on the level of anxiety in pre test and post test among experimental group



Tab. 2.Evaluating the effectiveness of back massage on reduction of pain and anxiety among experimental group.

Measurement	Mean		Standard deviation		't' test	
	Pain	Anxiety	Pain	Anxiety	Pain	Anxiety
Pre test	7.1	75.63	1.24	12.54		
Post test	5.03	62.93	1.14	8.51	10.18*	8.59*

*Significant at 0.05 level

CONCLUSION

As for this research is concerned, the interventional study proved that there is a significant reduction on pain and anxiety level among patients with stroke. In non pharmacological therapy touch is a language spoken through the hands and understood by the heart. The reduction of pain and anxiety level was statistically significant at 0.05 level. Therefore the back massage is a very effective non-pharmacological intervention to reduce the pain and anxiety among stroke patients.

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