ORIGINAL RESEARCH PAPER

Nursing

EFFECTIVENESS OF FOOT MASSAGE IN REDUCTION OF PAIN INTENSITY AMONG CANCER PATIENTS

KEY WORDS:

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ABSTRACT

BACKGROUND OF THE STUDY
Cancer is a disorder in which differentiated body cells undergo changes at the molecular level resulting in loss of normal cell regulation, characteristics and functions. Development of cancer is an orderly process comprising stages like initiation, promotion and progression. Causes of cancer may be genetic, radiation, chemical or viral in nature.
AIM:- To assess the Effectiveness of foot massage in reduction of pain intensity among cancer patients
OBJECTIVE : 1.To assess the pre-test level of pain among cancer patients of experimental group 2.To assess the pre-test level of pain among cancer patients of control group 3.To assess post-test test level of pain among cancer patient of experimental group 4.To assess post-test test level of pain among cancer patient of control group 5.To determine the effectiveness of foot massage among cancer patient 6.To find out association between pre test level of pain and their selected demographic variable among experimental group.
METHODOLOGY A quasi-experimental Non -randomized control group design approach was adopted in the study. The sample was selected through a non-probability purposive technique. A Numerical rating scale on pain was selected by the investigator for the data collection.
RESULT There was a significant difference between the mean pain score before and after foot massage in experimental group, t = 15.771 (P > 0.05). There was a significant difference in mean difference between post test of pain score on day 7, t = - 2.781(P = > 0.05) and pre test of pain score t = 0.865(p= <0.05) in relation to foot massage among the clients with cancer in experimental and control group.

INTRODUCTION: Cancer-related pain results from the treatment for cancer or from the cancer itself. Cancer-related pain depends upon type of cancer, the stage of the disease and the pain threshold (tolerance for pain) of the person with cancer mostly due to compression or infiltration of hollow organs, soft tissues, bones or nerves. But it could also be caused by the treatment or the tests done to diagnose cancer.

NEED OF THE STUDY: Thus the problem of dealing with pain and accompanying emotional stress presents a conundrum for both nurses and cancer patients alike one which cannot be solved with a set medicine prescription schedule, but requirements consideration of a wholistic care approach and the individualization of treatment. This made the researcher to think about a therapy that emphasis on comfort, cure and symptom control when cure is no longer possible.

Problem statement-
A quasi-experimental study to assess the effectiveness of foot massage in reduction of pain intensity among cancer patients in selected cancer hospital of Indore in the year 2018-2019**.**

Objectives of the study: . To assess the pre-test level of pain among cancer patients of experimental group 2.To assess the pre-test level of pain among cancer patients of control group 3.To assess post-test test level of pain among cancer patient of experimental group 4.To assess post-test test level of pain among cancer patient of control group 5.To determine the effectiveness of foot massage among cancer patient 6.To find out association between pre test level of pain and their selected demographic variable among experimental group.

Hypothesis: 1.
H0: There is no significant difference in pain between experimental group and control group
H1: There will be significant difference in pain between experimental group and control group
H2a: There is no significant association between pre test pain score among cancer patients with their selected socio demographic variables in experimental group.
H2b: There will be significant association between pre test pain score among cancer patients with their selected socio demographic variables in experimental group.

Assumptions The patient would co-operate and be willing to participate in the study.
2. The items included in the tool will be adequate and represent the measure of pain of cancer patient.
3. The response to numerical pain rating scale would be the true measure of the pain experienced by the cancer patients.
4. Every client is unique and responds in a unique manner to pain

DELIMITATIONS
• Patients in a selected cancer hospital only.
• Pain was measured by numerical rating scale.
• Data collection period was limited to 6 week.

REVIEW OF LITERATURE
Qualtrin.R.et.al., (2015) Conduced a study to examine the effectiveness of reflexology foot massage in hospitalized Cancer patients undergoing second or third chemotherapy cycles consisting of 30 patients , 15 experimental and 15 control being admitted to the oncology unit at a scientific research hospital in Italy. The subjects self reports of anxiety measured by spiel burger state anxiety inventory were recorded before, after and 24 hours after the intervention. There was average decrease of 7.9 points on the state anxiety scale in the treatment group and of 0.8 points in the control group (P<0.0001).

Jasmine and Jayaseelam (2010) conducted a quasi-experimental study with a purposive sampling method in 36 cancer patients to assess the effectiveness of foot massage on pain among cancer patients in selected hospitals, Idukki and Kerala. The repeated measure time series with control group design was adopted. Observational and interview schedules were used to collect data. It was found that cancer patients in experimental group had significant reduction in pain after foot massage and especially effective among patients with cancer in reducing their cancer pain.

RESEARCH METHODOLOGY:-
A quasi-experimental Non -randomized control group design approach was adopted in the study. The sample was selected through a non-probability purposive technique. A Numerical rating scale on pain was selected by the investigator for the data collection.

INCLUSION CRITERIA –
1. Diagnosed with cancer
2. Who were above 20 years
3. Who had pain >3 as monitored in pain intensity scale on the first day of study.
4. Those who were willing to participate in the study.

Exclusion criteria
1. Who had cancer involving foot/ leg
2. Who had altered level of consciousness
3. who were below 20 years of age

DATA COLLECTION
The data were collected for 3 weeks from 17 August 2019 to 5 September 2019. Based on sample selection criteria using purposive sampling method samples were selected. The study purpose and method were explained to individual participants and informed consent was obtained.

The information regarding background factors and disease factors were collected from 40 cancer patients by interviewing them and observing health records. First data were collected from the control group and then followed by experimental group. Pre-test on pain was measured. The intervention, foot massage was given for 20 minutes for seven consecutive days among experiment group. Post test pain was measured on 1st, and 7th day. The evidence of intervention and pain were marked in a grid. Intervention was done at the bedside. Pain was measured using numerical rating scale. All the patients received their routine care.

RESULTS
DATA ON PAIN AMONG CANCER PATIENTS IN EXPERIMENTAL AND CONTROL GROUP.

Comparison of Mean Value of Pain Score (VAS) of two Groups

Groups	N	Mean VAS	Std. Deviation	T Test	P Value
Experimental (pre test)	20	6.350	2.033	0.865	0.05 (2.09)
Control (pre test)	20	5.800	1.989		
Experimental (post test)	20	3.950	2.212	-2.781	0.05 (2.09)
Control (post test)	20	5.800	1.989		

IMPLICATIONS OF THE STUDY
Implications for Nursing Practice
- Foot massage is an effective measure to block the pain pathway. Nurse should effectively use this measure to alleviate cancer pain.
- Foot massage helps in reducing the need and frequency of administration of analgesics.
- Foot massage promotes sleep and comfort.
- Nurses can plan the goal of nursing management and enhance the nurse patient relationship and sense of well being to the patient through the development of mutually agreeable goals.
- It is an effective means of communication which provides physical contact in a very acceptable way within the Indian culture.
- Foot massage can be taught to the loved ones who are caring for cancer patients in terminal stage.

Implications in Nursing Education
- Complimentary therapies like foot massage need to be included in the curriculum and practiced.
- Nurse educators should provide adequate training to the nursing students regarding foot massage.
- In service education program should be conducted for nursing personnel and help nurses to gain knowledge on reduction of pain through foot massage.

Implications in Nursing Research
- Study will be valuable reference and pathway for further researchers.
- The findings of the study would help to expand the scientific body of professional knowledge upon which further researches can be conducted.

RECOMMENDATIONS
1. Randomized controlled trial can be done.
2. Similar study can be conducted for a larger group.
3. Effect of foot massage for a prolonged period can be studied.

CONCLUSION:
The cancer patient in the experimental group had reduction in pain after foot massage. So in addition to the pharmacological treatment foot massage can be used for managing pain among cancer patients. The future of this field of nursing science promises to be one of the rapid significant growths. The result of which will directly influence patient care in the aspect of pain management as that of "evidence based nursing care".

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