



ORIGINAL RESEARCH PAPER

Nursing

“A PRE-EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF FOOT REFLEXOLOGY ON DIABETIC PERIPHERAL NEUROPATHIC PAIN AMONG PATIENTS WITH DIABETES FROM SELECTED URBAN COMMUNITY.”

KEY WORDS:

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INTRODUCTION

According to the Diabetes Atlas 2006 published by the International Diabetes Federation, the number of people with diabetes is 40.9% in India is around 40.9 million is expected to rise to 69.9 million by 2025 unless urgent preventive steps are taken. It is estimated that over half of people currently living with diabetes in the country are unionized, so there is a real urgency to increase awareness and knowledge of diabetes and its associated complications. Foot ulceration is the most frequently recognized complication, estimated to affect up to 26 million people with diabetes globally. India is home to the second largest number of diabetes cases (73 million in 2017) in the world. Diabetic peripheral neuropathy (DPN) affects 20% to 30% of patients with diabetes and is a significant cause of morbidity and mortality. Although the true prevalence of DPN is difficult to determine, it may be responsible for up to 75% of non-traumatic amputations. Therefore investigator has decided to undertake a study to assess the effectiveness of foot reflexology on diabetic peripheral neuropathic pain among patients with diabetes from selected urban community and objective of the study was to compare the level of diabetic peripheral neuropathic pain before and after the intervention of foot reflexology among patients with diabetes.

PRIMARY OBJECTIVE

1. To compare the level of diabetic peripheral neuropathic pain before and after intervention of foot reflexology among patients with diabetes from selected urban community.

SECONDARY OBJECTIVES

1. To associate level of diabetic peripheral neuropathic pain with selected demographic variables among patients with diabetes from selected urban community.

METHODOLOGY

Research approach adopted for this study was quantitative approach and pre-experimental study design.60 was the sample size of all diabetic patients having diabetic peripheral neuropathic pain in selected urban community and those fulfilling the inclusive criteria were selected keeping in mind the availability and feasibility

Table I: Comparison Between Pre-test-post-test Score With Douleur Neuropathique Pain Scale Paired Samples Statistic

Parameter	Mean	N	Std. Deviation	Std. Error Mean
Dns Pre	5.98	60	1.384	.179
Dns Post	2.57	60	1.170	.151

Paired Samples Test

	Mean Difference	Std. Deviation	Std. Error Mean	T	df	Sig.
Dns Pre	5.98	60	1.384	.179	.179	.179
Dns Pre - Dns Post	3.417	0.907	.117	29.165	59	.000

Table No.2 Association Of Dns Pain Scale With

Demographic Variables

SR. NO	DEMOGRAPHIC VARIABLES	CORRE LATION	SIGNIFIC ANCE	CONCLUSION
1.	Age	0.13	0.155	Non-Significant
2.	Gender	0.22	.049	Significant
3.	Educational Status	0.11	.204	Non-Significant
4.	Socio-eco status	0.09	.423	Non-Significant
5.	Marital Status	0.09	0.250	Non-Significant
6.	Religion	0.07	.300	Non-Significant
7.	Gender	0.907	.117	29.165

RESULTS

The effectiveness of foot reflexology in reducing the level of Diabetic peripheral neuropathy pain among patients with diabetes was 5.98 with SD + 1.384 and the post-test mean was 2.57 with SD + 1.170 and the t-value was 29.165. The reduced level of peripheral neuropathic pain was comparably were less among the patients with diabetes treated with foot reflexology. There was a highly statistically significant difference between pre and post intervention regarding Douleur Neuropathies 4 pain scale between study samples with (p<0.05). The association was started by using regression analysis on IBMSPSS20 statistical software. Association of Gender (.049) which was significant and Duration of DM (0.014) was significant with Douleur Neuropathies 4 pain scale. The calculated value (for Gender and duration of Diabetes) was comparatively less than the table value which indicates that there is a significant association between the mean pre-test level of Diabetic Neuropathique 4 score among patients with Diabetes in selected community and their gender and duration of Diabetes.

CONCLUSION

The finding of the study indicates that Foot Reflexology is effective in reducing Diabetic peripheral Neuropathy pain among patients with Diabetes in selected community.

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