

“EFFECTIVENESS OF FOOT REFLEXOLOGY ON INTENSITY OF PAIN AMONG CANCER PATIENTS”



*Hemanta Saramma , M.Sc. (N), ** Rashmi Phillips, M.Sc. (N),*** Dr. Aarti Kaul Patel

Abstract

Cancer is the world's second biggest killer after cardiovascular disease. Continuous administration of drugs is very painful & causing side effects also. Therefore a pre-experimental study was conducted to assess the effectiveness of Foot Reflexology in reduction of pain among cancer patients. One group pre-test and post-test research design was adopted. Target population was the entire cancer patient at any stage admitted in selected hospitals of Indore. The tools used by investigator were Questionnaire (interview schedule) for socio demographic characteristics, & Medication Sheet, Initial pain assessment tool & Visual Analogue scale to assess the level of pain as mild, moderate & severe. Twenty patients selected for the study were given Foot Reflexology by applying pressure on specific points on the foot with thumb, finger & hands. It was given for 20 min. (10 min. each foot), two session in a day (morning, & evening) & for three days. Following foot reflexology intervention, patients experienced a significant decrease in level of pain. Findings revealed that 13(65%) patients had mild pain & 7(35%) had moderate pain & no patients had severe pain. The mean score was 6.75 at pre test and 3.05 was at post test. Calculated mean differences was 3.7, SD 0.656, df 19 & 't' value ($t = 25.34$) which is highly significant at $P = 0.001$ level, thus indicated significant effectiveness of Foot Reflexology in reduction on level of pain among cancer patients.

Key words : Cancer patients, Foot Reflexology, Pain.

Background

The number of cancer patients in the world is increasing. Globally 10 million new cancer cases are diagnosed each year. It is estimated that by the year 2020, there will be 20 million new cancer cases. Even though high incidence of cancer is reported from developed countries, developing countries bear half of the global cancer burden. Some cancer patients need pain relief at all stages of their disease; pain occurs in one third of patients receiving anticancer treatment. For these, pain relief and anticancer treatment should go hand in hand. 33% of patients receiving active treatment for metastatic disease have significant cancer related pain, and these percentage increases to 60-90% in those with advanced disease. Unfortunately, 25% of cancer patients die without adequate pain relief in spite of appropriate tools for adequate pain control being available. **Mishra Seema (2004)**⁴ Quality of life is influenced by pain. Unrelieved pain can impair a patient's functional status and quality of life deteriorates. According to the World Health

Organization, palliative care provides relief from pain and other distressing symptoms; affirms life and regards dying as a normal process; integrates the psychological and spiritual aspects of patient care; offers a support system to patients live as actively as possible until death; and offers a support system to help the family cope during patient's illness and in their own bereavement.” **Oscar Leon Casasola, 2006**¹

Need of the Study

India stands high chance to become the health destination for pain management for the world, by using interventional pain therapies and very effective traditional therapies unique to India. **Samvedana Health Services 2010-11**⁵. What are the reasons then for inadequate cancer pain control? Why most of the cancer patients are suffering from cancer pain at some stage of the disease? The most important reason is lack of awareness. Lack of awareness exists among health care workers, policy makers and public (patients and their relatives) that cancer pain can be cured or controlled. Apart from being excruciating and intolerable in nature there are other reasons to control the cancer pain.

During the clinical experience researcher found that cancer patients suffer with so much pain & they are

* **Hemanta Saramma**, Lecturer, SAIMS College of Nursing, Indore
Mob: 9407413938

** **Rashmi Phillips**, Associate Professor, Choithram College of Nursing, Indore

*** **Dr. Arti Kaul Patel**, Consultant, Choithram Hospital & Research Centre, Indore