The effect of foot reflexology on pain and physiological parameters after cesarean section in patients referring to Alzahra educational center in Rasht

Protocol summary

Summary
Introduction: Pain is a common phenomenon after all surgical operation. Acute and unrelieved pain can cause physical and mental complications, delayed recovery and prolonged hospitalization. Although using analgesia is usual to relieve pain, its complication, unavailability, necessity of taking low drug, especially analgesia, and also ineffectiveness of using analgesia alone, to relieve pain has focused today's nursing system on complementary treatments and Nonpharmacological Interventions. One of these methods is foot reflexology, so this study was to investigate the effect of foot reflexology on pain and physiological parameters after cesarean section in patients undergone cesarean section. Methods and materials: This clinical trial study was carried out on 62 women who referring to cesarean section in Alzahra Hospital (Rasht city) . They were randomly divided into two groups of case and control. The reflexology group received a 30-minute foot massage in two sessions, with 24-hours interval. Data gathering tool included a demographic form, step-visual analogue scale, pain score and physiological parameters form, and indicator and chronometer. Data were analyzed with descriptive and analytic statistic tests in 15th version of SPSS. Results: There was no demographical difference between two groups and they were matched completely. In case group, severity of pain after first stage of foot reflexology was lower than control group. The severity of pain after second stage was significantly reduced in case group in compare with control group. After first stage of foot reflexology in case group, systolic blood pressure decreased and after second stage if increased, but average of pain intensity showed no significant difference assumed with control group. The mean of pulse rate, after both first and second stage, decreased significantly, but there was no significant difference between groups. Diastolic blood pressure and respiratory rate did not vary between case and control groups. Conclusion: Pain severity was lower in case group after both first and second stage. In case group, systolic blood pressure decreased after first stage and increased after second stage significantly. In general, foot reflexology appears to be a useful method for reducing pain in patients. So according to effectiveness of food reflexology in pain reduction and some physiologic parameters and by considering its advantages, we can conclude that the results introduce a pain relief method for surgical nurses. Keywords: Cesarean section, Foot, Massage, Pain, postoperative, Palliative Care

General information

Acronym
IRCT registration information
IRCT registration number: IRCT138812021174N4
Registration date: 2011-04-10, 1390/01/21
Registration timing: retrospective

Last update: 2011-04-10, 1390/01/21
Update count: 0

Registrant information
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Recruitment status
Recruitment complete

Funding source
vice chancellor for research, Guilan University of Medical Sciences

Expected recruitment start date
2010-09-02, 1389/06/11
Expected recruitment end date
2010-11-15, 1389/08/24
Actual recruitment start date
[Scientific title]
The effect of foot reflexology on pain and physiological parameters after cesarean section in patients referring to Alzahra educational center in Rasht

[Public title]
The effect of foot reflexology on pain and physiological parameters after cesarean section in patients referring to Alzahra educational center in Rasht

[Purpose]
Supportive

[Inclusion/Exclusion criteria]
Inclusion criteria: 1- spinal anesthesia 2- not having hysterectomy and tubectomy 3- having fanshatanal surgery cutting 4- having healthy foot 5- not having reflexology history 6- not addict (sedative, alcohol and...) 7- not having problem in visual and verbal 8- orientation to time and place 9- not having chronic pain exclusion criteria: 1- severe complication such as: sever bleeding, edema, acute infection, not contraction after operative, not having bs 2- need to ICU AND CCU 3- not willing to participate in research

[Age]
From 20 years old to 40 years old

[Gender]
Female

[Phase]
N/A

[Groups that have been masked]
No information

[Sample size]
Target sample size: 31

[Randomization (investigator’s opinion)]
Randomized

[Randomization description]

[Blinding (investigator’s opinion)]
Not blinded

[Blinding description]

[Placebo]
Not used

[Assignment]
Single

[Other design features]

[Secondary Ids]
1

[Registry name]
No

[Secondary trial Id]
No

[Registration date]
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[Health conditions studied]
1

[Description of health condition studied]
pain, physiological criteria, cesarean

[ICD-10 code]
xv 000-099

[ICD-10 code description]
082/0

[Primary outcomes]
1

[Description]
pain, physiological criteria

[Timepoint]
pre and post (reflexology)

[Method of measurement]
vas instrument, sphyngomanometer, hand

[Secondary outcomes]
1

[Description]
pain, physiological criteria

[Timepoint]
24 hours after primary reflexology

[Method of measurement]
vas instrument, sphyngomonometr, hand

[Intervention groups]
1

[Description]
at first, if VAS was 3 and higher, patient entered in research process, then patient divided two group (control and case), in the case group, reflexology implemented and then pain and physiological criteria measured and
after 24 hours, again pain and physiological criteria (pre and posttest) measured in the control group, not having reflexology, and all parameters measured in same time such as casegroup.

**Category**
Prevention

## Recruitment centers

1

**Recruitment center**

- **Name of recruitment center**: Alzahra Hospital
- **Full name of responsible person**: Atefeh Ghanbari
- **Street address**: Rasht, Namjoo Street, Alzahra Hospital
- **City**: Rasht

## Sponsors / Funding sources

1

**Sponsor**

- **Name of organization / entity**: Vice chancellor for research
- **Full name of responsible person**: Atefeh Ghanbari
- **Street address**: Rasht, Namjoo Street, Research Affairs
- **City**: Rasht

**Grant name**

**Grant code / Reference number**

**Is the source of funding the same sponsor organization/entity?**

Yes

**Title of funding source**

Vice chancellor for research

**Proportion provided by this source**

100

**Public or private sector**

empty

**Domestic or foreign origin**

empty

**Category of foreign source of funding**

empty

**Country of origin**

Type of organization providing the funding

empty

## Person responsible for general inquiries

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