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Knowledge regarding acupressure on vomiting among staff nurses

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Abstract

Back ground: It is based on the concept of life energy which flows through “Meridians” in the body. In the treatment physical pressure is applied to acupuncture points with the aim of clearing blockages in these meridians. Pressure may be applied by hand, by elbow or with various devices. Some medical studies have suggested that acupressure may be effective at helping manage nausea and vomiting. Like many alternative medicine it may benefit from a placebo effect.

Aim: To assess the level of knowledge regarding acupressure on vomiting among staff nurses.

Material and method: Study conducted by using the quantitative research approach by using descriptive research design was adopted to assess the environmental health risks among adults.

Statistical Analysis Used: The collected data was organized, tabulated, analyzed and interpreted by using descriptive and inferential statistics based on the objectives of the study.

Results and Conclusion: The study result shows that with regard to level of knowledge, 2(6.67%) had knowledge score A grade, 1(3.33%) had knowledge score B+ grade, 8(26.67%) had knowledge score B grade, 9(30%) had knowledge score C grade and 10(33.33%) had knowledge score D grade.

Keywords: Acupressure, knowledge, vomiting, staff nurses

Introduction

Acupressure (from latin acus “Needle”+ pressure) is an alternative medicine technique similar in principle to acupuncture. It is based on the concept of life energy which flows through “Meridians” in the body. In the treatment physical pressure is applied to acupuncture points with the aim of clearing blockages in these meridians. Pressure may be applied by hand, by elbow or with various devices. Some medical studies have suggested that acupressure may be effective at helping manage nausea and vomiting. Like many alternative medicine it may benefit from a placebo effect ^[1].

Acupressure is a form of touch therapy that utilizes the principles of acupuncture and Chinese medicine. In acupressure, the same points on the body are used as in acupuncture, but are stimulated with finger pressure instead of insertion of needles. Acupressure is an ancient healing art that is based on the traditional Chinese medicine practice acupuncture. Finger pressure is used to stimulate trigger points on the body (acupoints). Pressuring these points can help release muscle tension and promote blood circulation. It can also relieve many common side effects of chemotherapy ^[2].

Acupressure may cause physical responses in nerve cells, the pituitary gland, and parts of the brain. These responses can cause the body to release proteins hormones, and brain chemicals that control a number of body functions. It is proposed that, in this way, acupressure affects blood pressure and body temperature, boosts immune system activity and causes the body's natural pain killers, such as endorphins, to be released. While giving self-treatment or performing on another a mental attitude of calmness and attention is important, as one person's energy can be used to help another. Acupressure is a safe technique, but it is not meant to replace professional health ^[3].

Belluomini. J (2011) conducted a randomized blinded study to evaluate effectiveness of acupressure in reducing nausea and vomiting of pregnancy. Sixty women completed this study. Two groups like treatment group and sham control group (F1, 58=10.4, P=0.021) were included acupressure at the PC-6 anatomical site as effective in reducing symptoms of nausea and vomiting ^[4].

Objectives of the Study [5]

- To assess the level of knowledge regarding acupressure on vomiting among staff nurses.
- Find out the association between the level of knowledge regarding acupressure among staff nurses with their selected socio demographic variables.

Detailed Research Plan [6]

Research Approach: Quantitative Approach.

Research Design: Descriptive research design.

Research Setting: The setting of the study was Narayana Medical College Hospital, Nellore.

Sampling Technique: Non probability convenience sampling techniques was adopted for selection of the subjects.

Sample Size: The sample size is 30 staff nurses working in Narayana Medical College Hospital.

Description of the tool

With the help of an extensive review and literature, text books, journals and internet sources, a tool was developed to assess the knowledge regarding acupressure on vomiting.

Part-I: It deals with socio demographic variables.

Part-II: It deals with self structured questionnaire to determine the level of knowledge regarding acupressure on vomiting among staff nurses.

Score interpretation

It consist of 28 multiple choice questionnaire out of which the correct answer will be given '1' and wrong answer will be given score '0'.

Level of knowledge

Grade	Score
A+	More than 85%
A	More than 75%
B+	More than 65%
B	More than 55%
C	More than 50%
D	Less than 50%

Results and discussion

Description of demographic variables of staff nurses

- In context to age, 29(96.66%) of staff nurses were between 21-25 years of age and 1(3.34%) of staff nurse were between 26-30 years of age.
- In relation to gender, 1(3.34%) of staff nurse were male and 29(96.66%) of staff nurses were females.
- In regard to educational qualification, 3(10%) of staff nurses had GNM qualification and 27(90%) of staff nurses had BSC qualification.
- In view to years of experience, 22(73.33%) of staff nurses had <1 year of experience and 8(26.67%) of staff nurses had 1-3 years of experience.
- In context to attended any CNE programme, 30(100%) of staff nurses have not attended any CNE programme on acupressure.

Table 1: Frequency and percentage distribution of staff nurses based on level of knowledge regarding acupressure on vomiting among staff nurses. (n=30)

Level of knowledge	Frequency(F)	Percentage
A(>75%)	2	6.67
B+(>65%)	1	3.33
B(>55%)	8	26.67
C(>50%)	9	30
D(<50%)	10	33.33
Total	30	100

Table-1: shows that with regard to level of knowledge, 2(6.67%) had knowledge score A grade, 1(3.33%) had knowledge score B+ grade, 8(26.67%) had knowledge score B grade, 9(30%) had knowledge score C grade and 10(33.33%) had knowledge score D grade.

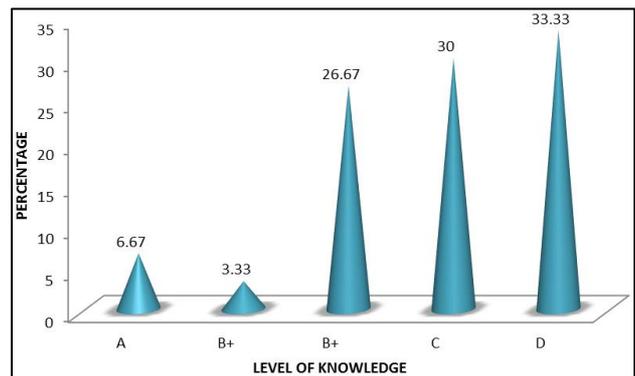


Fig 1: Percentage distribution of staff nurses based on level of knowledge regarding acupressure on vomiting Association between the level of knowledge regarding acupressure on vomiting among staff nurses with their selected socio demographic variables.

There is no significant association between level of knowledge and selected socio demographic variables such as age, gender, educational qualification, years of experience and attended any CNE programme.

Nursing implications: The findings of the study have various implications on various areas of nursing and nursing practice, nursing education, nursing administration and nursing research.

Nursing practice

- The study helps to assess the knowledge regarding acupressure on vomiting among staff nurses, present study motivates to improve their level of knowledge.
- By following these findings the quality of nursing practice can be enhanced by the profession itself.
- The study helps the staff nurses to enable and assess the level of knowledge regarding acupressure by providing them with scientific accurate information.

Nursing education

- Nursing education helps the staff nurses to develop more insight on new concepts of acupressure.
- Nursing curriculum should provide opportunities for staff nurses to emphasis and focus on the knowledge aspects of acupressure through CNE programmes.

Nursing administration

- Make provision for self instructional materials for staff nurses to gain more knowledge regarding acupressure.

- Nursing administration should facilitate acquisition of knowledge and help to develop positive attitude in acupressure by providing opportunities to attend the special training, professional meetings, seminars and conference.
- Nursing administrative support along with financial support should also be provided for conducting health education programme regarding acupressure.

Nursing research

- A study can be taken to assess the effectiveness of structured teaching programme on acupressure among staff nurses.
- A descriptive study can be taken up by using large sample of staff nurses for assessing the knowledge regarding acupressure.

Conclusion: The study concludes that many of the staff nurses have D grade (<50%) of knowledge regarding acupressure and there is no significant association between the level of knowledge among staff nurses and their selected socio demographic variables. In-services education and conference can be organized for the staff nurses to enhance their knowledge and skills.

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