Tehran University of Medical Sciences
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The effect of Reflexology on Quality of Life of breast cancer patients during chemotherapy

A thesis submitted to the Graduate Studies Office In partial fulfillment of the requirements for The degree of master in Medical surgical in Nursing

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June 2013
Abstract

**Background and Aim:** Breast cancer is one the most prevalent cancers among the women. All physical and mental symptoms of cancer affect the quality of life of patients. Use of complementary therapies for patients infected by pain and emotional distress arising out of cancer may result in relaxation in breast cancer. One of the complementary therapies is reflexology.

**Material and method:** This study is a randomized clinical trial which has been applied on 60 patients suffering from breast cancer under chemotherapy in breast diseases center, in 2012. The patients were selected randomly in three test, control and placebo groups. In test group, reflexology was implemented for 3 weeks and each session lasted half an hour. In placebo group only relaxation techniques were implemented for 3 weeks, each session lasted 20-30min. control group received the routine therapies of breast cancer center.

**Result:** Data were collected by standard questionnaires of EORTIC QLQ-C30.V.3 and EORTIC QLQ-BR23.V.3. The questionnaires were filled before intervention and two weeks after applying study. Results indicated a significant difference in total score of quality of life between three test, placebo and control groups after intervention (p<0.001). A considerable improvement was noticed in the different aspects of quality of life in test group comparing to two other placebo and control groups.

**Conclusion:** Using reflexology in patients suffering from breast cancer may improve the quality of life, as an effective method and can be recommended to breast cancer if it is supervised by health system personels.

Keywords: Breast Cancer, Reflexology, Quality of Life