Effect of acupressure on severity of pain and fatigue in women with multiple sclerosis (MS).

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Abstract

Title: Effect of acupressure on severity of pain and fatigue in women with multiple sclerosis (MS).

Background: Multiple sclerosis is the most common chronic demyelization of central nervous system disease. The prevalence of MS is much more common in women than men. Pain and fatigue are two symptoms in MS that affects the patients’ quality of life reduces the ability of patients to do perform their daily activities. Acupressure is a low-cost and noninvasive procedure that can be used to control symptoms of the disease. The aim of this study was to investigate the effect of acupressure on severity of pain and fatigue in women with MS.

Methods: In this single blind randomized clinical controlled trial, one hundred women were recruited from Tehran MS association. Subjects were divided equally into two groups of experimental and placebo, by random allocation method. Visual analog scale as well as fatigue severity scale was used to evaluate the severity of pain and fatigue. The intervention for experimental group, was acupressure in ST47, SP7, LI5 points for 4 minutes bilaterally. In addition, the participants were instructed to perform acupressure in same points twice daily for two weeks. Subjects in placebo group were trained to touch the same points. The severity of pain and fatigue were measured in both groups immediately, two and four weeks after intervention. The data were analysis by SPSS version 28.

Results: The study findings showed no difference in sample characteristics between the experimental and placebo groups. There were no significant differences in severity of pain (p=.1127) and fatigue (p=.1165) at baseline in two groups. There was significant reduction of severity of pain in experimental group compared to placebo group immediately, two and four weeks after intervention respectively (p=.1127, p=.1127, p=.1127). Regarding severity of fatigue, the results revealed significantly statistical reduction of severity of fatigue in experimental group compared to placebo group immediately, two and four weeks after intervention respectively (p=.114, p=.1112, p=.1115).

Conclusion: According to the study results, acupressure on ST47, SP7, LI5 reduced symptoms of fatigue and pain in women with MS. Therefore the intervention is safe, simple, non-invasive and low-cost, it is recommended, to nurses to practice and educate the procedure to the client in relation to self-care and health promotion.

Key word: Multiple Sclerosis, Pain, Fatigue, Acupressure.