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The effect of acupressure on postoperative pain of lumbar disc hernia

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This study was conducted to examine the effect of acupressure on postoperative pain after lumbar herniated disk surgery.

Background: Postoperative pain after lumbar herniated disk surgery is one of the important complications. The use of acupressure, which is one of non-pharmacological methods, for controlling this pain increases the efficiency of nursing practices.

Design: The study was conducted by using a quasi-experimental model with pretest-posttest control group.

Methods: The study was conducted in the neurosurgery clinics of a university and a public hospital between June 2015 and July 2016. The population of the study consisted of adult patients who were hospitalized in neurosurgery clinics of these hospitals, met the inclusion criteria, and underwent the lumbar herniated disk surgery. The sample of the study, on the other hand, consisted of 112 patients (56 in the experimental group, 56 in the control group) who were hospitalized in the neurosurgery clinics of the aforementioned hospitals and were selected by using improbable sampling method after the power analysis. The data of the study were collected between January-March 2016 by using Patient Introduction Form and Visual Analogue Scale (VAS). Patient Introduction Form was applied to the patients in the experimental group and after determining their pain level by using VAS, acupressure was performed on them for 15-20 minutes. At the end of acupressure, their pain level was assessed again by using VAS. Patient Introduction Form was also applied to the patients in the control group and after determining their pain level by using VAS, they were assessed again in terms of their pain levels at the 20th minute based on the hour when the acupressure applied to the experimental group was terminated. The data were evaluated with descriptive statistical methods (number, percentage, mean, standard deviation), chi-square, and independent samples t-test.

Results: Pain level of patients in the experimental group was determined as 7.75 ± 1.67 before acupressure and 2.58 ± 1.18 after acupressure and the difference between them was statistically significant ($p = .00$).

Conclusions: In accordance with the results of the study, it is thought that acupressure is effective in pain control after lumbar herniated disk surgery.

Relevance to Clinical Practise: In addition to medications, acupressure will make positive contributions to nursing practices to control pain after lumbar herniated disk surgery.

Biography

Seher has completed her master at the age of 27 years from Inönü University Faculty of Health Sciences. She is continuing her Ph.D. She works as a research assistant at the Mardin Artuklu University High Health School.

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