

23rd World Nursing and Healthcare Conference

July 10-12, 2017 Berlin, Germany

The effects of hot water footbath on sleep disturbances in stroke patients

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This research aims at discussing over the effects of using hot water foot bath enhancing parasympathetic nerve activity to relax and increase body comfort, improve the sleep disorder of stroke patients. This research was Experimental design, The stroke patients and scoring greater than 5 in Pittsburgh Sleep Quality Index (PSQI) test as research objects. random into Group A and B with 30 participants, respectively. Group B was implement hot water foot bath at the first night which lasted for 20 minutes, and the water temperature ranking from 41 to 43, the second night given general nursing measures, The order of intervention measures provided for Group A was however, in reverse, they went through finger temperature, blood pressure, VSH sleep scale, body comfort and collected the sleep data with wearable mobile devices, scale measurement in intervention measures before and after. According to research results, 1. with 30 females (50%) and 30 males (50%) and an average age of 66 ± 14.05 ; 2. The pretested and post-tested finger temperature, blood pressure, Body Comfort, and VSH sleep scale prewith experience of hot water foot bath interventions presented a significant difference; 3. There were remarkable differences regarding to sleeping hours with wearable mobile devices, total hours of trouble sleeping and number of interrupted sleep with or without hot water foot bath. It's expected to improve the sleep disorder of stroke patients by hot water foot bath and provide future empirical and practical reference for clinical

Biography

I am incumbent Current position Educational administration Nurse and Graduate Student, Graduate Institute of Nursing, Fooyin University, Taiwan, Department of Nursing Room, Chang Gung Memorial Hospital. Professional Clinical areas to Neurology nursing care. Personal profile Professional nurse with more than eight years of progressive nursing and four years Nursing Education Administration Experience.

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