

JOINT EVENT

49<sup>th</sup> International Congress on **Nursing Care Plan & Health**  
&  
50<sup>th</sup> World Congress on **Men in Nursing**

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**The effect of back massage with lavender oil on the sleep quality of preoperative cancer patients**Dalkiran S S<sup>1</sup> and Alpar S E<sup>2</sup><sup>1</sup>Bezmialem Vakif University, Turkey<sup>2</sup>Marmara University, Turkey

**Aim:** This research is quasi-experimental which was carried out with a preliminary test—proof positive model— with the aim to examine the effect of back massage with lavender oil on the sleep quality of cancer patients.

**Materials & Methods:** Eighty cancer patients with “bad” sleep quality (with Pittsburgh Sleep Quality Index points over 5) who were hospitalized at the general surgery clinics in the Istanbul University Cerrahpaşa Medical Faculty, and who were in accord with the acceptance standards of the research, were the subjects of this research. Output of this research was gathered by using the “Patient Information Form” and “the 3- day-version of Pittsburgh Sleep Quality Index Points ( PSQI- 3)”. The cancer patients who were accepted in the research were divided into two groups of 40 patients with similar PUKI points. Back massage with lavender oil (massage group) was applied on one group, and nothing was applied on the other group (control group). The massage which was applied for 10 minutes before sleep, continued for three days. PSQI-3 was applied one day after each cancer patient had finished his/her massage implementation. Percentage calculations, the Chi-square significance test, Fischer’s exact test, normal distribution test, Wilcoxon test vs Mann Whitney-U test were used for evaluating the data.

**Results:** 61.2% (n=49) of patients were female and 38.75% (n=31) were male. In the study, 28.75% of the patients had metastatic disease and 71.25% had no metastasis. It was determined that the PSQI point averages after the massage of trial group of the research displayed a meaningful decline. The PSQI point averages of the groups were compared after the massage, and it was determined that the progress in the aromatherapy group was much more and that the difference was statistically meaningful.

**Conclusion:** It can be said that the backside massage which is implemented before sleep increases the sleep quality of cancer patients, though aromatherapy backside massage is more impressive on the sleep of cancer patients.

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