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The Effect of Acupressure on Pain Caused by Venipuncture

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Introduction:

Pain is a sensory and an emotional experience accompanied by severe tissue and psychological damage; it occurs following many therapeutic procedures.

The aim of this study was to determine the effect of massage of acupoints on pain caused by venipuncture.

Methods: In this double-blind clinical trial, 187 patients who were admitted to a hospital in Khorramabad, Iran, were selected and randomly divided into 3 groups: acupressure, placebo, and control. Blood samples were obtained twice from each patient in the 3 groups: once by the routine method from the left arm and once by performing interventions from the right arm.

Results:

Results showed significant differences in pain scores ($P = .004$) between the 3 groups after the intervention only. No significant differences between the 3 groups were found after the intervention

with regard to pulse rate, systolic blood pressure, or diastolic blood pressure ($P > .05$).

Conclusion: The application of acupressure at the right acupoints may relieve pain caused by venipuncture. Although further studies are needed to confirm the findings of this study, it is recommended that nurses use this safe method to increase quality of nursing care and patient satisfaction.

Biography

Reza Hosseinabadi has completed his PhD in Gerontology at the age of 44 years from University of social welfare and rehabilitation sciences. He is the director of nursing clinical department of school of nursing and midwifery. He has published more than 35 papers in reputed journals.

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