

Chair Massage on stress, heart rate and blood pressure in oncology nurses

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Abstract

Problem statement: Nursing professionals work in a complex scenario, even before the pandemic situation. There is a high prevalence of moderate to high levels of chronic stress among nurses. In oncology unit presents elements which favor psychological overload due to prolonged hospitalizations of patients and dealing with the constant terminality and threat to life. In addition, chronic stress can compromise the quality of care and patient safety. The aim of this study was to evaluate the effectiveness of the massage chair to reduce chronic stress in the oncology nursing team. **Methodology:** A randomized clinical trial divided into two groups: massage chair and control without intervention. The intervention group received two 15-minute chair massage sessions twice a week for three weeks. The research was carried out in two university cancer hospitals, one public and the other private, in the city of São Paulo, Brazil. **Main outcome measure:** stress reduction as measured by the Signs and Symptoms List (LSS). Blood pressure and heart rate were measured before and after each massage. Results: 60 women from the Oncology Nursing team participated. The mean age was 32 (\pm 5.3) years, with a mean Body Mass Index (BMI) of 26.7 Kg/m² (SD \pm 5.0) presenting an overweight profile. The stress analysis by the LSS showed that 6.7% (n=4) had a very high stress score, 65.0% (n=39) had a high level, and 28.3% (n=17) had medium level. There was a reduction in stress measured by the LSS with a statistical difference in the group-time interaction ($p < 0.001$), with a Cohen's d value of 1.21 between groups. In the massage group, there was a reduction in heart rate and blood pressure ($p < 0.001$). **Conclusion:** Chair massage, with 15 minutes, proved adequate to relieve signs and symptoms of stress in oncology nursing professionals.

Image

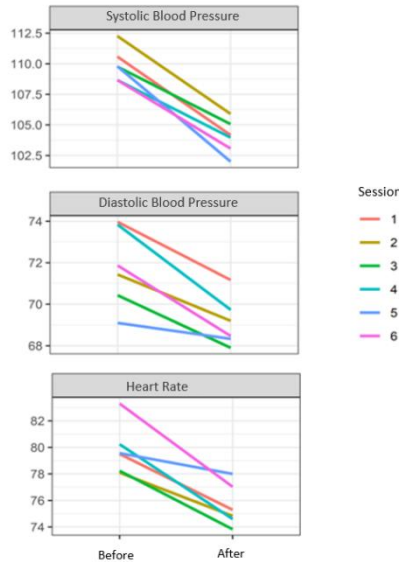


Figure 1: Results of vital signs pre and post each session of massage.

Biography

Talita Souza is a nurse with a specialization in occupational health. She conducts research focused on the occupational health of health professionals addressing the main occupational disorders and applying integrative practices to treat them. Thus, in addition to the observation of imbalances/diseases, her researches offers treatment with integrative practices, with emphasis on massage and auriculotherapy, strengthening the scientific evidence of these practices and contributing to the discussion of the topic, in addition to offering holistic care to health professionals. She is the scientific coordinator of the Integrative and Complementary Practices Committee of the Brazilian Society for the Study of Pain. It also works with Aromatherapy associated or not with massage in nursing consultations, helping professionals, children with genetic syndromes (T21, autism, ADHD), their parents and others interested in achieving balance, treating specific conditions and contributing to their understanding of themselves with the use of integrative practices.

Publications

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