

Effect of Acupressure on Dyspnea and Fatigue among Patients with Chronic Obstructive Pulmonary Disease

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Abstract

Background: Chronic obstructive pulmonary disease (COPD) is a leading public health concern worldwide. Dyspnea and fatigue considered the most common health problems among the COPD patients. Although pharmacologic management of COPD is of proven benefit, but it does not help all patients, therefore the **aim** of the current study was to examine the effect of acupressure on dyspnea & fatigue among patients with chronic obstructive pulmonary disease. **Methodology:** A quazi – experimental design was utilized to accomplish this study, the sample of 40 adult male and female patients were recruited and randomly assigned equally into study or control group, the control group received the traditional management while study group received traditional management plus acupressure, the study conducted at chest unit and two medical units in Kasr Al-Aini hospital. Five tools were utilized to collect data included socio-demographic data sheet, The University of California at San Diego (UCSD) Shortness of Breath Questionnaire, Fatigue severity scale (FSS), respiratory rate and O₂ saturation sheet and 6 minute walk distance (6MWD). Patients in both groups observed for four weeks. **Results:** The study results concluded that there was a statistical significant difference between study and control group in relation to dyspnea by the end of the 4th week and respiratory rate & oxygen saturation by the end of the 2nd & 4th week. However, there was no statistical significant difference between the two groups in relation to fatigue and 6 MWD test. **Conclusion:** the study results concluded that acupressure may be effective as an adjuvant therapy to the traditional management for COPD patients to improve dyspnea, respiratory rate and oxygen saturation, while acupressure has no significant effect on fatigue or to improve distance of patients walk. **Recommendation:** Prospective study should be designed to determine the stability of the effect of acupressure as an adjuvant to control dyspnea. In addition, further studies may be needed with different acupressure points may be recommended to treat fatigue among those patients.

Keywords: acupressure, COPD, fatigue, dyspnea.