

Effect of Deep Tissue Massage on Alleviating Pain among Breast & Lung Cancer Patients at a Selected University Hospital-Egypt

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Abstract

Background: Cancer increased worldwide. Pain is the most significant problem for such patients; it affects all aspects of quality of life. **Aim of the current study** was to examine the effect of deep tissue massage on alleviating pain among breast & lung cancer patients at a selected university hospital, Egypt. **Design:** A quaziexperimental design was utilized, the study conducted at the Nuclear Medicine Unit at Kasr Al-Aini Educational Hospital, affiliated to Cairo-University. **Research questions:** 1-Is massage significantly decreased the mean pain intensity scores among study group when compared to control group among patients with breast and lung cancer? 2-Is massage significantly decreased the mean pain quality scores among study group when compared to control group among patients with breast and lung cancer? 3-Is massage significantly decreased the mean sleeping difficulty scores among study group when compared to control group among patients with breast and lung cancer? 4-Is massage significantly decreased the mean symptom burden scores among study group when compared to control group among patients with breast and lung cancer? **Sample:** A total sample of 60 adult male and female patients with breast and lung cancer were randomly equally assigned into two groups, 30 patients each, the control group received routine hospital pain management and the study group received deep tissue massage in addition to the hospital routine pain management. **Tools:** Five tools were utilized to gather data as follow: 1) socio-demographic data sheet, numeric pain rating scale, pain quality assessment scale, the memorial symptom assessment scale and the difficulty sleeping scale. The study group received 3 sessions of massage per week for about 15 minutes each. All patients were followed up for 6 weeks. **Results:** The study results concluded that there was no statistical significant difference between study and control groups in relation to socio-demographic variables, intensity and quality of pain, sleeping difficulties and symptom burden in the 1st reading as both groups were homogeneous, while by the end of the 6th week, there was a statistical significant difference between the study & control groups regarding intensity, quality of pain, sleeping difficulties and symptom burden. **Conclusion:** The study concluded that deep tissue massage is an effective adjuvant therapy to decrease pain intensity; improve quality of pain; symptom burden as well as sleeping difficulties.

Keywords: Lung/breast cancer, massage, Knuckle technique, pain & sleeping difficulty.