

gically)", Third Age.com, December 4, 1998

Oncology

*** Cancer (pain and nausea)**

"87 patients participated in the study and each received a 10-minute reflexology foot massage (5 minutes per foot). The results revealed that the treatments produced a significant and immediate effect on the patients' perceptions of pain, nausea and relaxation when measured with a visual analogue scale. The use of reflexology foot massage as a complementary method is recommended as a relatively simpler nursing intervention for patients experiencing nausea or pain related to the cancer experience. The results were so positive that the researchers recommend that further research using larger numbers of patients in controlled clinical trials into its effectiveness of reflexology in alleviating pain, nausea and anxiety in the management of these symptoms by the family at home is warranted."

Grealish, L. Lomasney, A., Whiteman, B., "Foot Massage: A nursing intervention to modify the distressing symptoms of pain and nausea in patients hospitalized with cancer," *Cancer Nurse* 2000, June;23(3):237-43 (On-line review: "Reflexology Used for Cancer Patients," Internet Health Library, October 11, 2000)

*** Cancer (quality of life)**

Six patients with different types of tumors were randomly assigned to a reflexology group

and six to a placebo reflexology group.

The placebo group was given "gentle foot massage that does not stimulate reflexology points." Patients completed a visual analogue scale (VAS) 24 hours before commencement of the intervention and within 24 hours of completion. Placebo and reflexology groups received three 40 minute sessions, every other day over a five-day period. The VAS measured quality of life components: appearance, appetite, breathing, communication (doctors), communication (family), communication (nurses), concentration, constipation, diarrhoea, fear of future, isolation, micturition, mobility, mood, nausea, pain, sleep and tiredness.

"From the results it was concluded that all participants received some comfort from the intervention, be it reflexology or placebo reflexology. However, only 33% of the placebo group benefitted from an improvement in quality of life compared to 100% of the reflexology groups. Within the reflexology group, the participants reported an improvement in all components of the quality of life scale compared to 67.5 in the placebo group. However, despite there being an improvement reported in 67% of the components, the frequency of improvement was greater in the reflexology group compared to the placebo group.

"Nevertheless, this study would suggest that the provision of reflexology for palliative patients within the general setting could be

beneficial. Not only did the patients in this study enjoy the intervention, they were also 'relaxed,' 'comforted' and achieved relief from some of their symptoms."

Hodgson, H. "Does reflexology impact on cancer patients' quality of life?," Apr. 2000, *Nursing Standard*, 14, 31, pp. 33-38

*** Cancer (anxiety and pain)**

Foot reflexology alleviated anxiety and pain for twenty-three patients with breast and lung cancer. Researchers noted a significant decrease in anxiety for patients diagnosed with breast or lung cancer and a significant decrease in pain for patients with breast cancer. "This has important implications for nursing practice as both professionals and lay people can be taught reflexology. Reflexology is a simple technique for human touch which can be performed anywhere, requires no special equipment, is non-invasive and does not interfere with patients' privacy."

Stephenson, N. L., Weinrich, S. P. and Tavakoli, A. S., "The effects of foot reflexology on anxiety and pain in patients with breast and lung cancer," *OncolNursForum* 2000, Jan.-Feb.;27(1):67-72

Reproductive System

*** Amenorrhea**

Ninety-five cases of amenorrhea were divided into two groups, a foot reflex therapy treatment group of 50 and a control group of 45 with participants using traditional Chinese medicine tablets.