

Subject:

Fatigue, Sleep

Study Conducted: Country: Institution:

Korea

Department of Nursing, Nambu University

Citation:

Ko, YS., Park, MK., "Effects of Self-foot Reflexology on Fatigue and Sleep States in Women Nurses." Korean J Women Health Nurs. 2007 Mar;13(1):21-27.

Synopsis:

40 women nurses were divided into two groups: an experimental group of 20 and a control group of 20. The experimental group performed 40 minutes of self-foot reflexology two times a week for 4 weeks on both feet. The control group did nothing during the study. Data was measured using a chi-square-test and t-test by SPSS version 12.0 program. Results: fatigue was lower and sleep state higher in the experimental group.

Conclusion:

Self-foot reflexology was found to decrease fatigue and increase sleep states in clinical nurses. However, more intensive study is needed to verify to be effective.

Reflexology Research provided courtesy of the
[American Academy of Reflexology](#), Bill Flocco, Director.