

عنوان مقاله:

The effect of reflexotherapy and massage therapy on vital signs and stress before coronary angiography: An open-label clinical trial

محل انتشار:

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خلاصه مقاله:

BACKGROUND: Complementary medicine interventions are now successfully used to reduce stress as well as to stabilize hemodynamic indices within different procedures. The present study aimed to examine the effect of massage therapy and reflexotherapy on reducing stress in patients before coronary angiography. **METHODS:** In this open-label clinical trial, ۷۵ consecutive patients who were candidate for coronary angiography were randomly assigned to receive reflexotherapy ($n = ۲۵$), or massage therapy ($n = ۲۵$), or routine care ($n = ۲۵$) before angiography. The Spielberger State-Trait Anxiety Inventory was used to determine the stress level of patients before and after interventions and vital signs were also measured. **RESULTS:** Improvement in diastolic blood pressure, heart rate, and respiratory rate was shown in the reflexotherapy group, and similar effects were observed following other interventions including massage therapy and routine resting program. In subjects who received reflexotherapy the level of stress decreased slightly compared with the other two groups. However, following interventions the level of stress in reflexotherapy group was shown to be lower than other study groups. **CONCLUSION:** Reflexotherapy before coronary angiography can help to stabilize vital sign as well as reduce the level of stress. The effect of massage therapy was limited to reducing stress

کلمات کلیدی:

Reflexotherapy, Massage Therapy, Coronary Angiography, Vital Signs, Emotional Stress

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