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## Effects of aromatherapy massage on neuropathic pain and quality of life in patients with diabetes: A randomized controlled study

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**Purpose:** This study aimed to examine the effects of aromatherapy massage on neuropathic pain severity and quality of life in patients suffering from painful diabetic neuropathy.

**Design & Methods:** This randomized controlled clinical study was conducted in a university hospital endocrine outpatient clinic in Turkey. The sample of the study consisted of totally 46 patients, randomly allocated to the intervention group (n=21) and the control group (n=25). The intervention group received aromatherapy massage three times in a week during a duration of four weeks. Control group did not receive any intervention without usual care. Data were collected using the patient questionnaire, Douleur Neuropathique Questionnaire, Visual Analog Scale and Neuropathic Pain Impact on Quality of Life Questionnaire.

**Findings:** Neuropathic pain scores significantly decreased in the intervention group compared with the control group in the 4th week of the study. Similarly, quality of life scores significantly improved in the intervention group in the 4th week of the study.

**Conclusions:** Aromatherapy massage is a simple and effective nonpharmacological nursing intervention that can be used to manage neuropathic pain and improve quality of life in patients with painful neuropathy.

**Clinical Relevance:** Aromatherapy massage was a well-tolerated, feasible, and safe nonpharmacological method that could easily be integrated into clinical settings by nurses. However, long-term effects and follow-up procedures should be added in clinical study designs to support clinical usage of aromatherapy massage.

### Biography

Zehra Gok Metin has completed her PhD in 2015 from Hacettepe University and stayed for one year at University of Alabama at Birmingham for Post-doctoral studies. She is an Instructor at Hacettepe University Faculty of Nursing. She is working on Symptom Management especially for pain for five years. She has several publications in reputed journals and has been serving as a reviewer for reputed journals.

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