

23RD EUROPEAN

HEART DISEASE AND HEART FAILURE CONGRESS

February 19-21, 2018 | Paris, France

Impact of an educational session about foot reflexology on nursing students' knowledge and attitude: A quasi-experimental study**Mona Affi, Jipi Varghese, Shatha Alharbi, Bayan Alqarni and Dalal Aldossari**
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Introduction: Reflexology is a part of alternative medicine. Researches done around the world indicates the effects of pain as the 5th vital sign on the cardiac function and hemodynamic stability. Also the physiological and psychological positive benefits as well as pain relief of foot reflexology. There are no courses about foot reflexology in nursing colleges and there are no researches done in Saudi Arabia about awareness of foot reflexology as an alternative therapy for pain management, hence the needs for the increase awareness. The aim of this study is to assess the effect of foot reflexology educational session on nursing students' knowledge and attitude.

Methods: A quasi-experimental design was used to collect the data from a convenience sample of 41 female senior nursing students in King Saud bin Abdul-Aziz university for health science in Riyadh city. Two tools were developed to collect the data: knowledge assessment and opinion regarding foot reflexology questionnaire and evaluation sheet for the educational session. The educational session conducted in 40 minutes. Validity and reliability of the questionnaire was ensured.

Results: Forty-one students were included (30 level 7 and 11 level 8). Mean age was 21.61 (\pm , 703) years and most of the student 68.3% did not hear about foot reflexology. There were significant differences regarding all topics included in the knowledge assessment tool ($p = .000$). The mean and standard Deviation of overall knowledge in post-tests result (51.66 ± 2.19) was higher compared to pre-test result (46.88 ± 4.48). Regarding students' opinion of foot reflexology, the result revealed that 58.5% on a pre-test of nursing students agreed that therapeutic touch is an integral part of nursing profession whereas 92.7% agreed on post-test. Majority of the participants 63.4% believe in the effect of foot reflexology on the pre-test and 85.4% on post-test.

Discussion and Conclusion: This study revealed that knowledge level in the post-session was high and better than in pre-session. Also, it showed that the participants' attitude toward foot reflexology changed after the session.

Biography

Mona Affi is Doctor of Philosophy (PhD) in Nursing, Ain Shams University, Cairo, Egypt has expertise in teaching Medical Surgical Nursing at Ain Shams University, Cairo, Egypt, Faculty of Nursing, Al-Zaytoonah University of Jordan and now at King Saud bin Abdulaziz University for Health Sciences, Riyadh-Kingdom of Saudi Arabia. Attend and present many research papers in national and international nursing conferences.

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