

24<sup>th</sup> International Conference on

## CARDIOVASCULAR AND THORACIC SURGERY

June 06-07, 2018 Osaka, Japan

**The effect of foot reflective massage on comfort in patients undergoing coronary artery bypass graft****Fatemeh Sheikhy**

Birjand University of Medical Science, Iran

**Introduction:** Coronary artery bypass graft surgery is a successful operation in cardiac patients, but these patients experience stressful conditions after surgery. The most important task is to make these patients feel comfortable. Comfort is one of important goals of nursing cares, which is to provide through various methods. Foot reflective massage is one of the effective treatments on patient's comfort. Considering to importance of comfort in patients undergoing coronary artery bypass grafting, this study was designed to determine of effect of reflective massage on comfort in patients undergoing coronary artery bypass grafting.

**Method:** In this clinical trial study, 70 patients undergoing the coronary artery bypass graft were selected for convenience sampling method and were assigned in two groups of test and control by blocking-permutational method. Data gathering tools included demographic information questionnaire and HCQ questionnaire, which were completed in two stages, 24 hours after surgery, before massage and the 6<sup>th</sup> day after massage. In this study, data were analyzed by SPSS software version 23.

**Result:** The mean score of comfort before intervention in the test group was  $104.11 \pm 9.05$  which was increased to  $111.30 \pm 7.58$  after intervention and in the control group before intervention was  $105.14 \pm 10.38$  which was increased to  $110.64 \pm 7.05$  in the 6<sup>th</sup> day. Comparison of mean score of comfort in both groups was significant before and after intervention ( $P < 0.05$ ). But, the comparison of mean score of comfort in the two groups before and after the intervention was not significant ( $P > 0.05$ ). Also, mean of changes in comfort score were not significant in two groups ( $P > 0.05$ ) and the mean score of comfort was not significant According to gender, age and education ( $P > 0.05$ ).

**Conclusion:** The present study is reported a significant increase of comfort in the 6<sup>th</sup> day in both groups. On the other hand, increase in comfort in the control group, desired level of nursing cares indicated in providing of comfort for patients in open heart surgery unit. But, considering lack of meaningful in comparison of the results in two groups is suggesting restoration, strengthening and revision in interventions of affecting on comfort and conducting the training courses for nurses of the intensive care unit.

Fa.sheikhy@bums.ac.ir