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Perceptions and acceptance of receiving auricular acupressure in managing insomnia among undergraduate nursing students

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Background & Aim: Insomnia is a common health problem among the undergraduate nursing students in Hong Kong. It adversely affects their general health and increases the risk of committing medical incidents in clinical settings. Auricular Acupressure (AA), one common therapy of Chinese medicine, had been reported to have promising results in managing insomnia. However, little studies reported the experience on receiving AA. This study aimed to examine the perceptions and acceptance of receiving AA in managing insomnia among the undergraduate nursing students in Hong Kong.

Methods: It was a survey conducted after a pretest-posttest study using AA as the intervention for 2 weeks in undergraduate nursing students who were suffering from insomnia. The respondents were the participants who had completed the 2-week intervention. A self-administered questionnaire was used to assess the participants' perceptions and acceptance on receiving AA in managing their insomnia.

Results: 38 respondents were recruited. It was found that 36 respondents (94.7%) experienced no or mild local itchiness, 27 respondents (71.1%) did not have any feeling of inconvenience when replacing the auricular plasters, 24 respondents (63.2%) reported that receiving AA did not affect their outlook and daily life, and 36 respondents (94.7%) would refer AA to friends with insomnia. Majority of them (94.7%) accepted AA as the therapy in managing insomnia.

Conclusion: The findings indicated that AA was accepted as a safe and effective therapy in managing their insomnia among the undergraduate nursing students. However, it was recommended to conduct a qualitative study to have more in-depth exploration in future.

Biography

Lee Wai-ming has completed Master of Nursing in Chinese Medicinal Nursing from The Open University of Hong Kong in 2017. He has been working in different specialty of mental hospital over past 28 years and introduced acupressure in caring psychiatric patients with constipation in clinical settings.

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