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**The effect of foot reflexology applied to infantile colic infants on colic symptoms****Aysegul Isler Dalgic**  
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**Objective:** This research was conducted as single blinded, randomized controlled trial for determine of impact foot reflexology on infantile colic.

**Method:** The study was conducted in the Department of Pediatrics of Isparta Women, Birth and Child Disease Hospital between June 2016 and March 2017. The research population was comprised of infants who met research criteria and had infantile colic with regard to Wessel Criteria by Pediatrician together with parent and researcher. The study sample consisted of 20 control subjects and 20 study group subjects which is a total of 40 infants with colic and their parents who agreed to participate in the research. The data were collected by the researcher after written consent was taken from Ethics Committee, and the hospital where the research has been carried out. As data collection tool, data collection form, infant colic scale, pain assessment tool, cry following form and sleep following form were used. Both groups were observed four times during two weeks. While the infants in study group received foot reflexology, noneffective touch to foot applied by researcher to control group infants. For the data analysis, SPSS 20.0 packet program.

**Results:** According to the results it can say that foot reflexology decreased colic score mean, pain sense, daily crying time and crying violence, on the other hand; increased daily sleep times of babies in study group. While daily crying times decreased day by day since the third day of reflexology seance; daily sleep times increased day by day too since fourth day of reflexology seance in study group. The findings show that in proportion of 60% babies in study group not observed colicky cry during a month after the practice.

**Conclusion:** Foot reflexology was effective in relieving infantile colic symptoms.

**Biography**

Aysegul Isler Dalgic is an Associate Professor in Pediatric Nursing Department of Akdeniz University Nursing Faculty in Antalya/Turkey. She has worked as a Tutor for more than 17 years. She is educated as Nursing and her major topics are pediatric nursing, childhood epilepsy, abuse and neglect in children, sexuality in disabled children, neurology, and complementary therapies in nursing. She has many scientific studies which have been published in the national and international scientific journals. She has been organizer and gave lectures, speeches, conferences and presentations in congresses and symposia.

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