ABSTRACT

Introduction

All human beings seek a sense of wellbeing and comfort instinctively. But there are many factors which cause threat to the comfort; it may include a variety of physical factors such as pain and psychological factors like anxiety. Experience of discomfort for a period of time hampers a person’s self-care and role obligations which in turn causes impairment in the quality of life. From the beginning of time, mankind has experienced pain, which causes personal hardship. It is also the main reason encountered by hospitalized patients in general and surgical settings in particular, and it is the most common reason for physician consultation in the United States (Turk and Dworkin, 2013). It is a major symptom in many medical and surgical conditions which can significantly interfere with a person’s quality of life.

Objectives

The objective of the study were to determine the effectiveness of foot reflex therapy on pain among patients after major abdominal surgery, elicit the effectiveness of foot reflex therapy on anxiety among patients subjected to major abdominal surgery, evaluate the effectiveness of foot reflex therapy on quality of Life among patients subjected to major abdominal surgery, correlate pain and anxiety with quality of life and associated pain, anxiety and quality of Life with specific background variables.

Methods

The research design adopted for the study was randomized controlled trial. The study was conducted among 360 samples, 180 in the study and 180 in control group to evaluate the effectiveness of foot reflex therapy on post operative pain, anxiety and quality of life of patients subjected to major abdominal surgical procedures. The mean age of the study participants were male and female equally distributed. The majority of the study participants had undergone repair for inguinal hernia surgery. The investigator delivered foot reflex therapy for the patients from the 1st post operative day to the 5th post operative day for 45 minutes.
in both the feet and foot reflex therapy was taught to patient’s caregiver along with foot reflex therapy manual issued to them to continue care at home from the day of discharge to 21st post operative day weekly thrice for three weeks. The control group received routine care from the hospital. Data were collected and analyzed using descriptive and inferential statistics.

**Findings**

Independent t test revealed that during pre and post assessment of pain in the study and the control groups from day 1 to day 5 was highly significant at p=0.001 level. A significant mean difference score was observed between the study and the control groups from day 1 to day 5 with no significant mean difference observed between the study and the control groups from day 1 to day 5 at p=0.001 level. A significant mean difference was observed between the study and the control group at p=0.001 level on day 1,3 and 4, p<0.01 level on day 5 and no significant changes were observed on day 2. There were highly significant changes found on mean difference score of diastolic blood pressure score on day 1, day 2, day 4 and day 5 at p=0.001 level and no significant changes found on day 2. There was a highly significant change found on mean difference score of diastolic blood pressure on day 1, day 2, day 4 and day 5 at p=0.001 level and no significant change found on day 2. There was no significant changes found between the study and control groups of O₂ saturation from day 1 to day 5. The independent t test indicated the significant mean difference score of state anxiety between the study and control group at p=0.001 level. Highly significant mean difference score was observed in social dimension and physical dimension of quality of life at p=0.001 level. A significant positive correlation between pre and post assessment mean score of pain, pulse, respiration, systolic blood pressure, diastolic blood pressure, anxiety and quality of life was present in the study. The post assessment pain score was associated with type of surgery at p<0.001 level. Sex and monthly income at p<0.05 level. The post assessment pulse rate was associated with sex, BMI of the patients at p<0.05 level. Systolic blood pressure was associated with type of anaesthesia at p<0.05 level and pre assessment diastolic blood pressure was associated with age of the patients at p<0.01 level and type of surgery at p<0.05 level.
Conclusion

The study concludes that the foot reflex therapy has more positive effect on acute postoperative pain and anxiety with patients subjected to major abdominal surgery. Patients subjected to major abdominal surgery have significant changes in physiological parameters and showing some degree of anxiety as impaired quality of life. Patients those who received Foot Reflex Therapy for five days post operatively by care giver at home have felt significant positive effect on pain, anxiety and quality of life. Foot Reflex Therapy is an effective therapy for control of acute post operative pain, anxiety and improve the quality of life of patients.