C6.4: Using Single Subject Research Methodology to Assess the Feasibility of Delivering Acupressure Intervention to Older Adults

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Abstract Categories:
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Abstract:
Introduction: PURPOSE: The purposes of this study are to examine the feasibility of teaching and learning 36 acupressure points on adults aged 50 years and over. Questions: 1) Are older adults able to learn multiple acupressure points? 2) How long would it take for them to learn these points? 3) What percentage of points can they identify correctly after teaching all 36 acupressure points? SIGNIFICANCE: Acupressure has been used as an intervention in some studies to relieve pain, nausea, and other symptoms such as sleep disturbance and preoperative anxiety. However, acupressure intervention was performed by investigators and not by subjects, and usually one local point or three local acupressure points was used to manage certain symptoms in several studies. Stimulation of several points combining local, distal, associate, and command points along the meridians may be more effective to manage symptoms than focus on one local point. If acupressure can be taught and learned, older adults may apply for acupressure anytime they would like to use the method.
Method(s): METHODS: The single-subject, multiple-baseline design across the intervention package that has three components is being used for this study. Three components include teaching 1) 12 acupressure points on lower extremities, 2) 12 acupressure points on chest, abdomen, and upper extremities, and 3) 12 acupressure points on head, neck, and back. Convenience samples of 6 adults who reside in a community of North Central Florida are recruited. Teaching thirty-six acupressure points are used as an intervention. Number of days of practice for each component and number of correctly identified acupressure points are measured as target behavior each time of participant’s performance.

Results: FINDINGS: The study is in progress. Currently, one subject completed the study, three subjects are in their final stage, and two were withdrawn from the study due to surgery (1) and complicated family issues (1). Final results will be available for the presentation.

Discussion & Conclusions: DISCUSSION: Upon completion, the results will provide insight into whether it is feasible for adults aged 50 and older to learn an acupressure intervention and use the method to manage their symptoms.

Abstract History:
This abstract has not been presented or accepted for presentation in whole or in part at the SNRS or other scientific meeting.

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