

The effect of therapeutic touch on the pain of the women suffering from cancer

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Abstract

Background&Objective: People with cancer commonly experience a range of symptoms, including pain and various types of physical and emotional distress. One of important roles of health care providers is managing these complications. The aim of this study was to the evaluation of Therapeutic Touch on hospitalized cancerous females suffering from pain.

Materials&Methods: This quasi-experimental study performed on cancerous females hospitalized in Imam Khomeini hospital at Tehran. It was performed on 3 groups (case, placebo, control) 30 female with different cancers were selected, matched and then divided in 3 groups: the case group received five 20-25-minute session of therapeutic touch, the placebo group 5 ten-minute session with no energy exchange and no intervention for control group. Data gathered by two tools include: demographic questionnaire and Visual Analog Scale of Pain (0-10). Pain severity was measured before and after intervention Data was analyzed by SPSS-11.5 using ANOVA, Repeated measurement analysis variance (Wilks lambda test), qui-square and TUKEY tests.

Results: The means of pain score in case, placebo and control groups before intervention was 3.8, 4.1 and 4.16 and after intervention 0.8, 6.4, 4.2 respectively. There was significant difference between 3 groups in pain severity during using ANOVA and repeated measurement analysis variance (Wilks lambda test) ($p < 0.05$).

Conclusion: Based on the above findings, Therapeutic touch as a non invasive procedure, and non pharmacologic procedure was recommended for relive pain in cancerous females.

Key Words: Therapeutic Touch, Cancer, Pain