

Abstract.

Measuring the impact of Clinical Reflexology (CR) delivery on Chronic Heart Failure (CHF) patients

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Introduction.

Chronic heart Failure (CHF) is recognised as a major escalating health problem. The clinical management is dependent on established complex pharmacological interventions. Condition symptoms include breathlessness, fatigue, water retention and sleep irregularities. Underpinning this condition is the cyclical sympathetic drive which increases, heart rate raising blood pressure. Creating a continuous action that weakens the heart muscle. Medication is aimed at interrupting this cycle.

Clinical Reflexology (CR) has indicated a beneficial effect in reducing distress levels in cancer patients thereby improving symptoms, QoL and wellbeing. The aim of this pilot study is to evaluate the impact of CR delivery on CHF patients.

Methods.

The methods will be mixed within a CT framework. Bio-chemical markers and visual analogue numerical data will be collected QoL questionnaire, sleep diaries, patient interview and 6 min walk tests.

Inclusion criteria of cohort : 24 stable patients NYHA classified 2 & 3 with LVSD with an ejection fraction of less than 40%. CR/ Foot Massage will be delivered sequentially for 4 weeks. Duration of treatment 4 x 20 mins per patient in a single centre clinical environment.

Discussion.

We are developing a Pilot study to explore the impact of CR delivery on CHF patients Testing the assessment tools used both qualitative and quantitative.

Outcomes will inform the design of further study.