

Measuring Chronic Heart Failure (CHF) Patients Response To Clinical Foot Reflexology (CFR): A Randomised Pilot Study.

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Background.

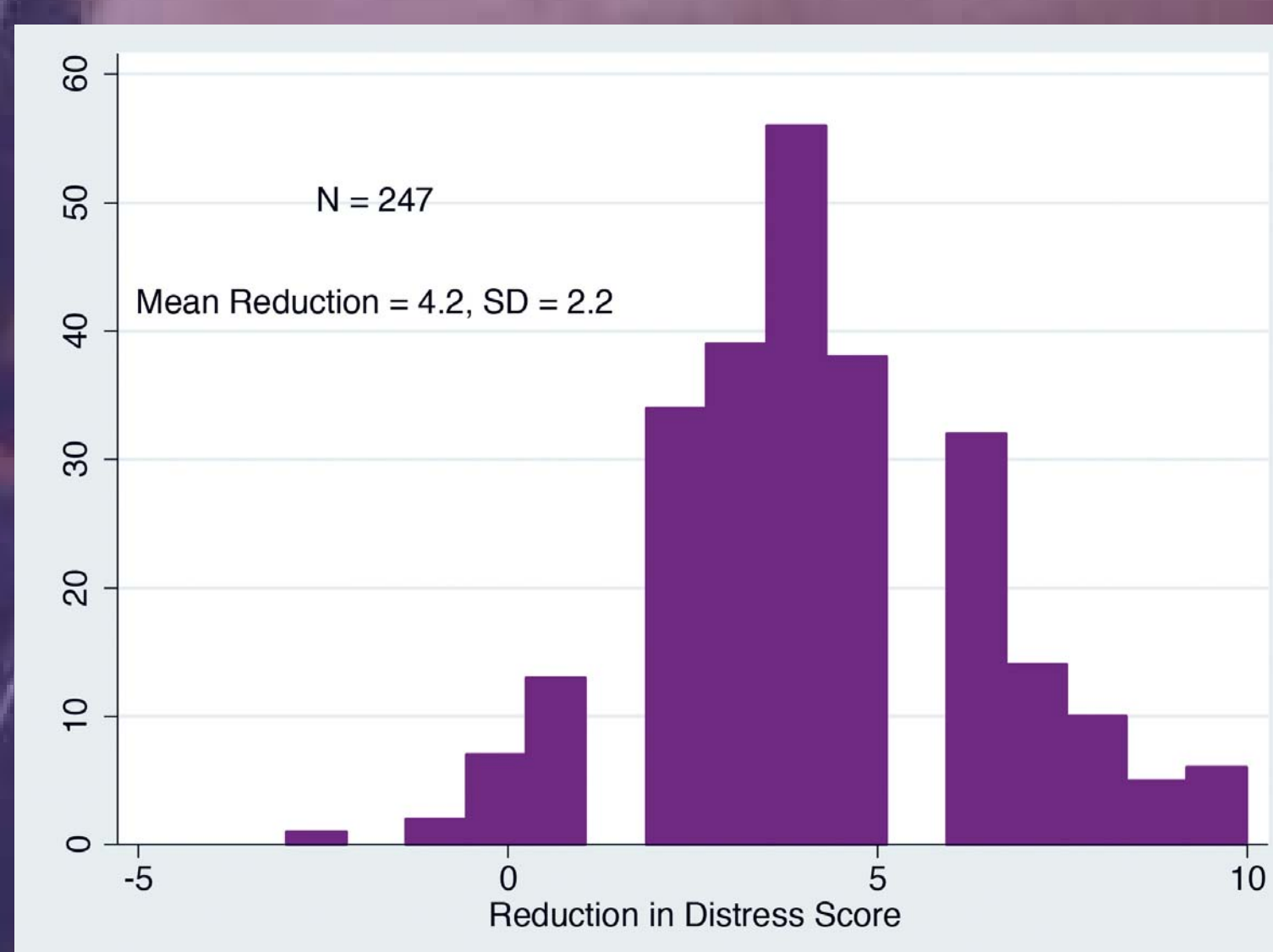
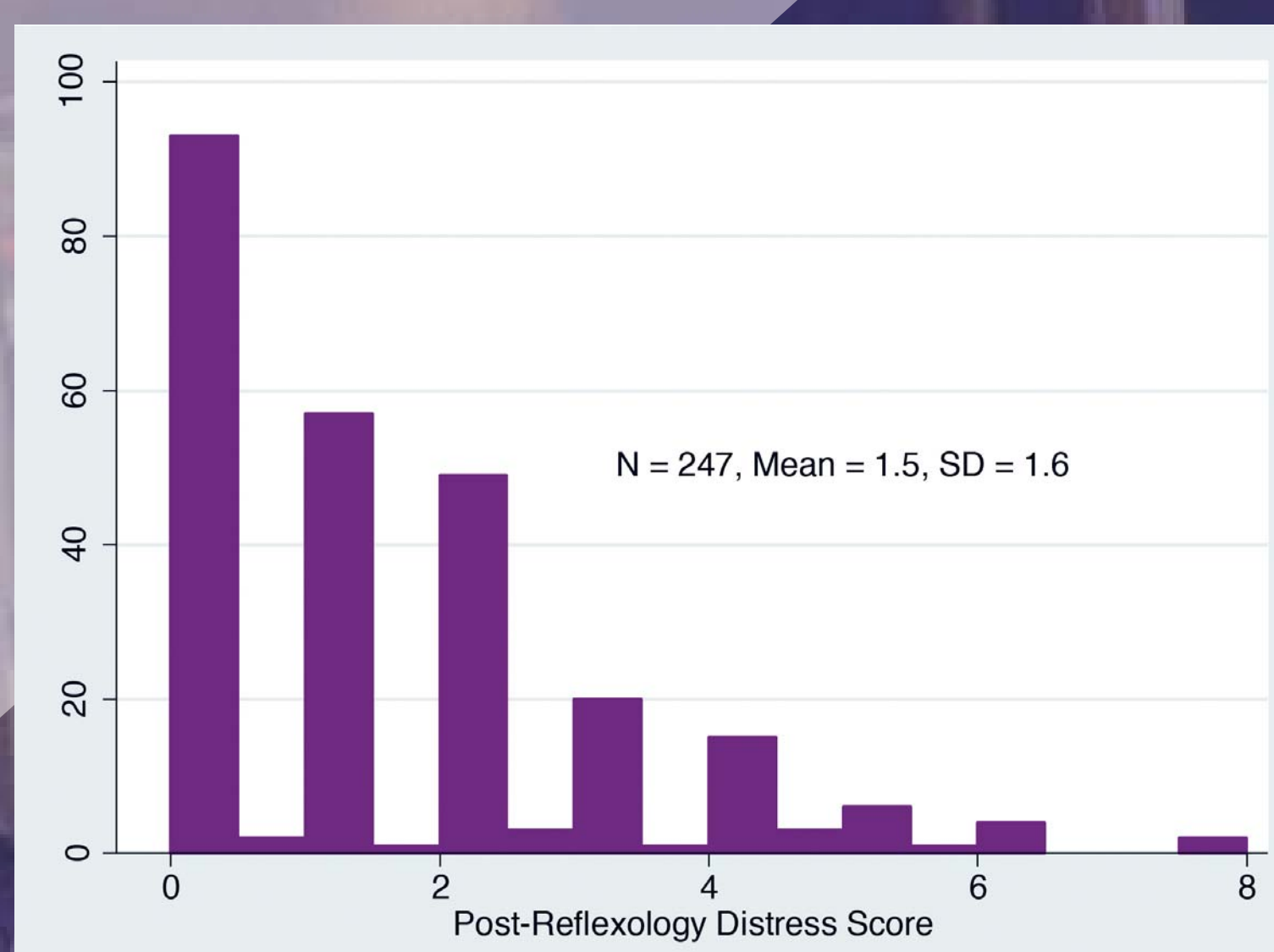
Results from an audit conducted in a UK NHS hospital of CFR delivery to adult patients undergoing cancer treatment showed that 95% indicated a drop in stress levels following CFR.

Qualitative data supported the overall benefits of CFR within this patient group.

Felt Sleepy

Felt more relaxed

Changes to feet & lower legs



Study Aim

To identify any change to biochemical markers in CHF patients following CFR

Q Could Clinical Foot Reflexology be transferable to other patient groups?

Chronic heart failure (CHF) is recognised as a major escalating health problem. Commonly caused by Left Ventricular Systolic Dysfunction (LVSD) symptoms include fatigue, breathlessness and fluid retention with patients often reporting sleep irregularities. Underpinning this condition is the cyclical sympathetic drive that increases heart rate and salt and water retention; a continuous action that further weakens the heart muscle.

Methods

Mixed methods within a clinical trial framework in a single centre NHS venue conducted over 18 weeks. 24 adult patients, NYHA 2/3 with LVSD with an ejection fraction of less than 40% will be involved for a total 6 weeks randomised to receive Clinical Foot Reflexology (CFR) or Foot Massage (FM).

Results

Statistical analysis of data will inform the design of a full clinical trial. Dissemination of findings through publication, conference presentations and educational seminars with a view to raise awareness and secure funding for further study.