

Effect of warm footbath on quality of sleep among patients with cancer in selected hospital, Coimbatore

Anju Philip • Published 2016 • Medicine

TLDR It was concluded that warm footbath was an effective therapeutic intervention for improving the quality of sleep among patients with cancer.

 Highlight Information

Methods

Results

Abstract The aim of the study was to assess the effect of Warm footbath on quality of sleep among patients with cancer. Quasi experimental, post-test only control group design was adopted for the study. Fifty six samples were selected by using purposive sampling technique. The samples were alternatively assigned to experimental group and control group so as to include 28 samples in each group. The quality of sleep was assessed by using Groningen sleep quality scale. Warm foot bath was administered by the researcher for 15 minutes for five consecutive days in experimental group. For control group, routine care without warm footbath was given. Post test was done to assess the quality of sleep in experimental group and control group by using Groningen sleep quality scale. Descriptive and inferential statistical techniques were used to analyze the data. Unpaired test was used to assess the effect of warm footbath on quality of sleep among patients with cancer. It was identified that the mean value of quality of sleep among patients with cancer in experimental group and control group was 3.96 (SD = 1.7) and 8.07 (SD = 1.70) respectively with a mean difference of - 4.1 - 10.02 was found to be greater than the table value of 3.46 at 0.001 level of significance. The results shows highly significant difference in the quality of sleep among patients with cancer after warm foot bath. Hence it was concluded that warm footbath was an effective therapeutic intervention for improving the quality of sleep among patients with cancer.

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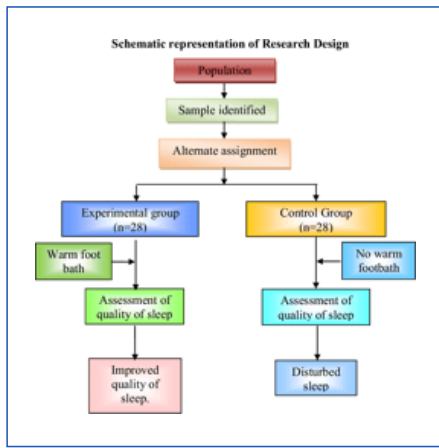


Figure 3.1

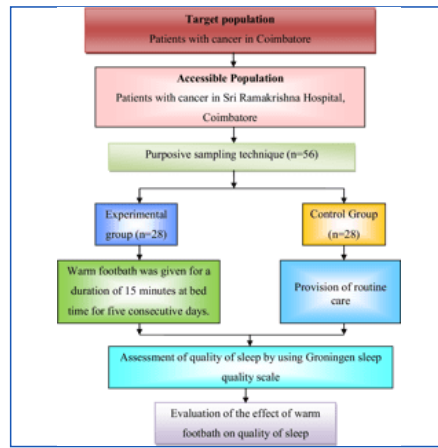


Figure 3.2

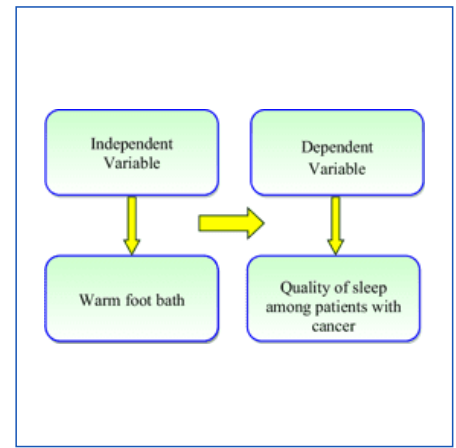


Figure 3.2

26 References

The Effects of Warm-Water Footbath on Relieving Fatigue and Insomnia of the Gynecologic Cancer Patients on Chemotherapy

Huei-Lin Yang Xue-ping Chen Kwo-Chen Lee F. Fang Y. Chao Medicine · [Cancer nursing](#) · 2010

TLDR The findings provide empirical support that a warm-water footbath relieves fatigue and insomnia problems of patients undergoing chemotherapy and can be a nonpharmaceutical method to help patients overcome fatigue and sleep problems during chemotherapy. [Expand](#)

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Effects of bathing and hot footbath on sleep in winter.

Eun-Jung Sung Yutaka Tochihara Environmental Science, Medicine · [Journal of physiological anthropology and applied...](#) · 2000

TLDR It is suggested that both daily bathing and hot foot bath before sleeping facilitates earlier sleep onset, and a hot footbath is especially recommendable for the handicapped, elderly, and disabled, who are unable to enjoy regular baths easily and safely. [Expand](#)

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Quality of sleep and related factors during chemotherapy in patients with stage I/II breast cancer.

H. Kuo M. Chiu W. Liao Shiow-Li Hwang Medicine · [Journal of the Formosan Medical Association...](#) · 2006

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Sleep and quality of life in breast cancer patients.

B. Fortner E. Stepanski Stephanie Wang S. Kasproicz H. Durrence Medicine · [Journal of pain and symptom management](#) · 2002

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Insomnia, Fatigue, Anxiety, Depression, and Quality of Life of Cancer Patients Undergoing Chemotherapy

N. Redeker E. Lev Jeanne S Ruggiero Medicine, Psychology · [Scholarly Inquiry for Nursing Practice](#) · 2000

TLDR The findings suggest that insomnia and fatigue are related to depression and that depression is more closely associated with quality of life than are insomnia and fatigue. [Expand](#)

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Assessment of sleep disturbance in lung cancer patients: Relationship between sleep disturbance and pain, fatigue, quality of life, and psychological distress

Mare Nishiura A. Tamura H. Nagai E. Matsushima Medicine, Psychology · [Palliative and Supportive Care](#) · 2014

TLDR Sleeping pills improved sleep induction but were not sufficient to provide sleep quality and prevent daytime dysfunction, and daytime dysfunction was specifically associated with psychological distress. [Expand](#)

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Fatigue and sleep disturbance in patients with cancer, patients with clinical depression, and community-dwelling adults.

K. Anderson C. Getto +4 authors C. Cleeland Medicine, Psychology · [Journal of pain and symptom management](#) · 2003

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Pathogenesis and management of cancer-related insomnia.

G. Graci Medicine · [The journal of supportive oncology](#) · 2005

TLDR An overview of the incidence and severity of sleep disturbance in cancer patients, a review of the mechanisms of sleep, and the potential factors associated with the pathogenesis of cancer-related insomnia are explored. [Expand](#)

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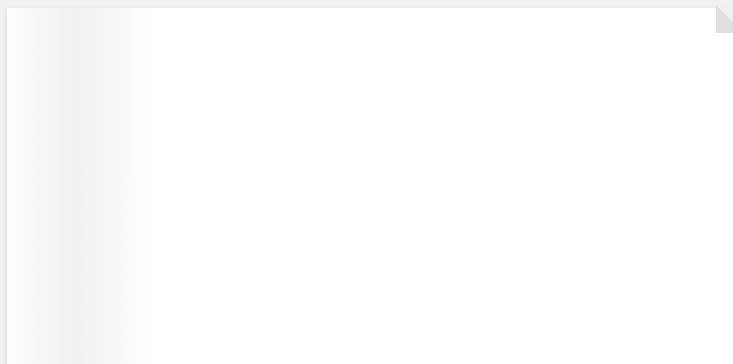
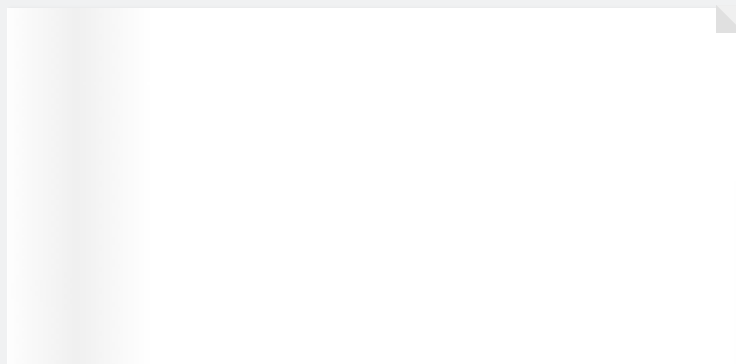
A pilot study investigating the utility of the cognitive-behavioral model of insomnia in early-stage lung cancer patients.

M. Rumble F. Keefe J. Edinger L. Porter J. Garst Medicine, Psychology · [Journal of pain and symptom management](#) · 2005

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