HOSTED BY

ELSEVIER

Available online at www.sciencedirect.com

ScienceDirect

journal homepage: http://www.elsevier.com/journals/international-journal-of-nursing-sciences/2352-0132

Review

Effectiveness of massage therapy on post-operative outcomes among patients undergoing cardiac surgery: A systematic review

C. Ramesh [a], Vasudev Baburaya Pai [b], Nitin Patil [b], Baby S. Nayak [a,*], Anice George [a], Linu Sara George [a], Elsa Sanatombi Devi [a]

[a] Manipal College of Nursing, Manipal University, Manipal, India
[b] Kasturba Medical College, Manipal University, Manipal, India

ARTICLE INFO

Article history:
Received 27 May 2015
Received in revised form
8 July 2015
Accepted 30 July 2015
Available online 7 August 2015

Keywords:
Anxiety
Heart surgery
Massage
Pain
Post-operative period

ABSTRACT

The incidence and prevalence of cardiovascular disease (CVD) are increasing rapidly in developing countries. Most patients with CVD do not respond to medical treatment and have to undergo cardiac surgery. This highly stressful experience results in increased levels of anxiety for patients. The objective of this review was to evaluate the efficacy of massage therapy on postoperative outcomes among patients undergoing cardiac surgery. A comprehensive literature search was made on PubMed-Medline, CINAHL, Science Direct, Scopus, Web of Science and the Cochrane library databases for original research articles published between 2000 and 2015. Original articles that reported the efficacy of massage therapy in patients undergoing cardiac surgery were included. The Cochrane data extraction form was used to extract data. A total of 297 studies were identified in the literature search. However, only seven studies were eligible for analysis. Of the seven studies, six studies demonstrated the effects of massage therapy on improving post-operative outcomes of patients, while one study found no evidence of improvement. Although the methods varied considerably, most of the studies included in this review reported positive results. Therefore, there is some evidence that massage therapy can lead to positive postoperative outcomes. Evidence of the effectiveness of massage therapy in patients undergoing cardiac surgery remains inconclusive. Additional research is needed to provide a strong evidence base for the use of massage therapy to improve post-operative outcomes and recovery among cardiac surgery patients

Copyright © 2015, Chinese Nursing Association. Production and hosting by Elsevier (Singapore) Pte Ltd. This is an open access article under the CC BY-NC-ND license (http://creativecommons.org/licenses/by-nc-nd/4.0/).

* *Corresponding author.*
E-mail address: baby.s@manipal.edu (B.S. Nayak).
Peer review under responsibility of Chinese Nursing Association.
http://dx.doi.org/10.1016/j.ijnss.2015.07.006
2352-0132/Copyright © 2015, Chinese Nursing Association. Production and hosting by Elsevier (Singapore) Pte Ltd. This is an open access article under the CC BY-NC-ND license (http://creativecommons.org/licenses/by-nc-nd/4.0/).

Contents

1. Introduction 305
2. Methods 305
   2.1. Design 305
   2.2. Literature search strategy 306
   2.3. Inclusion criteria 306
   2.4. Data extraction 306
   2.5. Data synthesis 306
3. Results 306
   3.1. Sample characteristics 306
   3.2. Quality assessment 308
   3.3. Risk of bias 308
   3.4. Intervention details 308
   3.5. Outcome measurements and effectiveness 309
   3.6. Primary outcomes 309
   3.7. Secondary outcomes 309
   3.8. Validity and reliability 311
4. Discussion 311
   4.1. Future directions 311
   4.2. Implications for clinical practice 311
5. Limitations 311
6. Conclusion 311
7. Financial support 311
8. Conflict of interest 311

Acknowledgement 311

References 311

1. Introduction

Every year the number of cardiac surgeries is increasing steadily in India and other developing countries due to a high prevalence of CVD [1,2]. Postoperative outcomes such as severe pain, anxiety, psychological distress and sleep disturbance are commonly associated with recovery from cardiac surgery. These factors may compromise the effective of their treatment and quality of life of patients undergoing major heart surgery [3]. Pain can prolong a patient's post-operative stay in the hospital and affects their satisfaction level [4]. There is a need for clinicians and nurses to identify safe and effective therapeutic interventions to use following a major cardiac surgery [5].

In recent years, there has been a focus on complimentary therapies to manage or alleviate pain and anxiety. These therapies have many noninvasive techniques that are cost effective and simple with fewer side effects when compared to drugs [6]. Complimentary therapies are used as adjuvant therapy alongside conventional medical treatments to enhance overall health and promote a faster recovery. Massage therapy is one type of complimentary therapy and is recognized as an essential part of health and wellness [7–9]. Body massages have been tested in different populations and found to have marked effect in decreasing pain and anxiety [10].

Nurses caring for patients during the post-operative period find it challenging to manage their pain and anxiety. Although analgesic drugs are helpful in reducing pain, the adverse effects lead to further discomfort. Therefore, there is a need for nurses to have scientifically tested, simple and effective interventions to manage the pain and anxiety. A steady, emerging body of evidence suggests that massage therapy is vital to the healing process of patients undergoing general surgery. However, very little is known about their effectiveness in cardiac surgery patients. The objective of this review was to evaluate the efficacy of massage therapy on post-operative outcomes among patients undergoing cardiac surgery.

2. Methods

2.1. *Design*

This review was conducted according to the guidelines described in the Preferred Reporting Items for Systematic Reviews and Meta-analyses (PRISMA). The PRISMA includes a

Download English Version:

https://daneshyari.com/en/article/2652702

Download Persian Version:

https://daneshyari.com/article/2652702

Daneshyari.com