Poster Presentation: Acupressure Modality Effectiveness: Research Results for Pain and Anxiety Poster

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Acupressure Modality Effectiveness: Research Results for Pain and Anxiety

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Abstract:
Tactile feedback is a sensory modality that can be used immediately to improve both occupational performance and mental health. Occupational therapists can change the trajectory of many conditions by using tactile input as a preparatory modality for occupational performance tasks. This research examined the effects of the Seva Stress Release (SSR) protocol, a 30-minute acupressure treatment, among nurses and patients. The SSR protocol aimed to decrease pain and anxiety associated with occupational therapy treatments. The design was a collaborative retrospective database analysis of Level III evidence administered by certified Soul Lightening Acupressure practitioners.

Methods and Procedures: Design
The design was a collaborative retrospective database analysis of Level III evidence administered by Occupational Therapists, Physical Therapists, Registered Nurses and Massage Therapists trained in Soul Lightening Acupressure (SLA) at the Institute of Acupressure Therapeutics (IAT). The design was a collaborative retrospective database analysis of Level III evidence administered by certified Soul Lightening Acupressure practitioners.

Participants
Seventy-five patients consisted of 35 in-patient population and 40 hospital population. The percentages were 41% women and 59% men. The majority of the participants were between the ages of 18 and 65 years old. The participants were recruited from hospitals in the Boston area, including Brigham Hospital, Massachusetts General Hospital, and the Beth Israel Deaconess Medical Center.

Procedure
The participants were selected based on their need for pain and anxiety reduction. The participants were administered the SSR protocol, a 30-minute acupressure treatment, by certified Soul Lightening Acupressure practitioners. The participants were then assessed for their pain and anxiety levels before and after the treatment.

Background:
Acupressure is an ancient Chinese medicine that involves the application of pressure on specific points on the body to alleviate pain and improve overall health. Acupressure has been shown to be effective in reducing pain and anxiety, and it is a non-invasive, non-pharmacological method.

Implications for Treatment
The design was a collaborative retrospective database analysis of Level III evidence administered by certified Soul Lightening Acupressure practitioners.

Results
The results demonstrated significant reduction in pain and anxiety scores after the SSR protocol. The percentage of participants who reported improvement in pain and anxiety scores was statistically significant. The Wilcoxon signed-rank test revealed a statistically significant reduction in pain and anxiety scores.

Conclusion
When performed by an SLA-trained practitioner, the Seva Stress Release acupressure protocol is a highly satisfactory complimentary therapy that demonstrates potential to be an effective complimentary non-pharmacological tool for the relief of pain and anxiety. Occupational Therapists can learn this acupressure protocol in a single, one-day workshop, allowing them to remove potential barriers and improve greater occupational performance.

Additional References

Limitations of This Study
The study was conducted with a small sample size, and the results may not be generalizable to a larger population.

Potential Research Considerations
Future research could focus on developing new acupressure protocols for specific conditions or populations.

Figure 1: Overall Pain and Anxiety Reduction

Figure 2: Anxiety Reduction By Population

Figure 3: Pain Reduction By Population

Figure 4: Levels of Evidence

Figure 5: Seva Stress Release Acupressure Research

Figure 6: Additional References

Appendix
Additional details and information about the study methodology and results can be found in the Appendix.