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Effects of cold band application treatment on pain and quality of life in migraineurs: a self-controlled study

Aim: The aim of this study was to examine the effect of applying cold band treatment to migraineurs on the duration and severity of migraine headaches, and on migraine-specific quality of life.

Background: Cold application is recommended as a nonpharmacological method for the treatment of migraineurs. It is believed that the use of cold bands, which can be easily applied to the forehead at any time and in any place, may contribute not only to pain relief but also to an improved quality of life for these individuals.

Method: Patients referred to the neurology clinic and diagnosed with migraine by a neurologist were examined prospectively. A self-controlled research design was applied in order to minimize individual differences. The sample group participating in the study was monitored over the course of four migraine attacks: two before and two during the application period.

Result: Comparison of the mean values of pain duration for the pre-application and application periods revealed no statistically significant difference. ($p > 0.05$). However, there was found to be a significant difference between the mean pain intensity total scores ($p < 0.05$). At the 30th and 60th- minute points, it was noted that the mean value of the total pain scores for the application period decreased significantly ($p < 0.05$). Also, it was recognized that the 24-hours migraine quality of life scale showed a statistically significant increase in the total score and in the subscale scores when compared to the pre-application period ($p = 0.0001$).

Conclusion: For migraine sufferers, the application of a cold band to the forehead was found to have a positive effect in reducing pain severity and also improving quality of life.

Biography

Sengul Uzen Cura has completed her graduation degree in Nursing from Gulhane Military Medical Academy, in 2006. She has completed her Master's degree on Fundamental Nursing from Institute of Health Sciences at Marmara University and completed her PhD in the same field of study from Nursing Faculty of Istanbul University, in 2017. She worked as a Clinic Nurse at a Military Hospital for nine years, five of which were in ICU. She has been working as an Academician at Canakkale Onsekiz Mart University since 2015, and has given lectures on graduate level since then.

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