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The effects of abdominal moxibustion therapy on constipation, depression, and sleep of the homebound elders

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This research is executed to confirm the effects of abdominal moxibustion therapy on constipation, depression, and sleep of the homebound elders. For this purpose, the researcher surveyed 66 elders using the senior welfare center of homebound elders in B metropolitan city. Data was collected from 23rd February to 5th April, 2015. Demographic characteristics of the surveyed caregivers were examined and indicated in real number, frequency, percentage, average and standard deviation. The homogeneity test for the experimental and control groups were conducted by using x2 test and t-test. Hypotheses set for this study was verified through independent sample t-test, repeated measures ANOVA and simple weekly effects analyses. Results of the research include: Differences in the degree of constipation was significantly different between the two groups; the average bowel movement per week was significantly different between the two groups ($F=52.723$, $p<0.001$); the average of severity of constipation by CAS (Constipation Assessment Scale) was significantly different between the two groups ($F=369.274$, $p<0.001$); a significant difference between the two groups was found for depression ($t=4.44$, $p<0.001$); and there was no significant difference found between the two groups for sleep ($t=-4.48$, $p<0.001$). To conclude, abdominal moxibustion therapy showed positive effects by reducing constipation, depression and sleep for the elderly community of Korea and this can be used for nursing intervention measures.

Biography

Shin Mi-Sook has 9 years of working experience as a Nurse at the Dong-Eui Medical Center in Busan. She joined the School of Nursing, Dong-Eui University recently as Geriatric Nurse.

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