

## **The effect of acupressure on stroke symptoms: Examples of evidence-based practice**

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Acupressure is one of the known complementary therapy practices all around the world. It is a noninvasive, safe and effective massage technique. In this therapy, the acupuncture points on the meridians carrying energy in the body are pressurized with finger, palm or special stimulation bands. In this way, acupressure opens the blocked energy channels and provides a balanced distribution of the energy in the body. Because of the easy and safe manual therapy, acupressure is exercised by number of people across the globe. It can be used to manage symptoms of some chronic diseases. It may also have positive effects on stroke symptoms. There are a wide range of poststroke problems, including movement and function, mobility, balance, pain, emotional problems, and psychological subjects. Akdeniz University electronic databases center (EBSCO HOST - CINAHL Complete, Science Direct, Pubmed ve Scopus] has been searched in English with the key words “(stroke OR apoplexy OR cerebrovascular accident) AND (acupressure OR shiatsu) AND (randomised controlled trials)” about the published studies without year limitation. There are some studies in the literature examining the effect of acupressure on stroke symptoms. In these studies, acupressure therapy was performed in total 8 sessions (40 minutes for each session), 12 sessions (20 minutes for each session), 14 sessions (10 minutes for each session), 28 sessions (20 minutes for each session) and 38 sessions (30 minutes for each session). In some studies, acupressure was administered alone, while in some studies it was supported by additional applications. The evidence-based studies showed that acupressure had positive effects on motor function, hemiplegic shoulder pain, depression, and daily living activities in stroke patients. As a result, it can be said that acupressure programmes play an important role on stroke symptoms. However, more research needs to be carried out by health professionals in this area.

### **Biography**

Simge Kalav graduated from health faculty in 2008. She got her master's degree in the field of internal medical nursing in 2011. Her master thesis was about "the relationship between caregiving burden and quality of life in family caregivers of stroke patients". She worked as a nurse in an intensive care unit of a state hospital about 3 years. Her interesting area is stroke self-management and secondary prevention of stroke. Now she has been writing the PhD thesis about ischemic stroke and self-management.

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