

The effect of a foot massage on walk function and dynamic balance in Parkinson's disease

Kota Nagase, R.N.^{#1}, Tomomi Ion, R.N.^{#1}, Fukue Ogata, R.N.^{#1}, Yuko Ueda, R.N.^{#1}

#1. Department of Nursing, Tokushima National Hospital, National Hospital Organization, 1354 Shikiji, Kamojima, Yoshinogawa, Tokushima 776-8585 Japan

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Abstract

We investigated the satisfaction about the action contents which a nurse received for patients hospitalized for rehabilitation of Parkinson's disease. Regarding the support from nurses, many patients said they were satisfied. Half of the patients answered hospitalization life of the weekend dissatisfaction. The DVD viewing and sympathy society fell into mannerism. For the practice of better nursing, support which responds to the demands and the opinions of the patients is necessary.

Keywords: foot message, walk function, dynamic balance, Parkinson's disease, DVD

Introduction

In our ward, rehabilitation of patients with Parkinson's disease with relatively mild disability has been provided since 2009. The effect of stress on individual patients is analyzed, and the aim is to relieve this. The length of stay is five weeks. Seven patients are hospitalized at the same time. A new ward was completed in October, 2013. Therefore, the hospitalization environment and rehabilitation facilities have changed. We provide support that accepted the everyday life level of the patients so that the patients can have a peaceful time during their medical treatment. However, the following opinions were asked by the patients. "A thing except the constipation is wanted to know". "We want to talk about a more pleasant thing". We decided to conduct a satisfaction investigation to help us to provide a hospitalization environment that patients found satisfactory and peaceful, and to fill up by nursing support corresponding to daily active level of the individual patients.

Subjects and methods

The subjects were 60 patients (33 men and 27 women) hospitalized for rehabilitation of Parkinson's disease. The hospitalization period was from October 1, 2013 until November 28, 2014. The questionnaire methods was mail investigation law. The questionnaire revised "the patient's satisfaction investigation items" which Higuchi et al. used. We asked questions about the following nine items; (1) hospitalization environment, (2) bathing, (3) management of the medicine, (4) falls, (5) support from nurses, (6) exchange of opinions society, (7) DVD viewing and hearing, (8) explanation for discharge given by the nurse, (9) rehabilitation. There were four answer options: 1 (satisfied), 2 (moderately satisfied), 3 (moderately dissatisfied), 4 (dissatisfied). The analysis method was simple tabulation [1]. Ethical consideration. Participation in the study was voluntary and patients could withdraw at any time. The patients' names were not

written on the paper. The collection data were not used for any other reason beyond the purpose of study. It is judged that we obtained its consent with an answer. The above was explained in a document.

Results

As for the questionnaire, answers from 42 of 60 people were obtained (70% response rate). Their average age was 69.7 years old (standard deviation, 7.09). Thirteen patients (31%) had been hospitalized for the first time. Twenty-two patients (69%) already had hospitalization experience. Regarding the place of residence of the patients, 13 patients (31%) were from Tokushima prefecture and 29 patients (69%) were from outside the region. Regarding the hospitalization environment, 88% of the patients or more were satisfied, including with the sickroom environment, bed circumference environment, night illumination, and night sleep environment. As shown in Table 1, 76% of patients were satisfied with restrooms, 69% of patients were satisfied with the bathroom environment, and 50% of patients were satisfied with the weekend life. Thirty-two patients could take a bath on their own, and 10 patients needed assistance. Fifty-seven percent of the former and 80% of the latter were satisfied with bathing. Regarding the internal use management, 30 patients were self-managers and 12 patients required nurse support. Ninety percent of patients or more were satisfied with medication management. During hospitalization, eight patients fell down. Regarding support from nurses after a fall, 75% of the patients were satisfied, while 25% did not answer. Regarding support for their demands, 88% of patients were satisfied. Regarding exchange of opinions society, 80% of patients or more were satisfied with the place, time, contents and environment. Regarding the DVD viewing and discharge meeting, 60% of the patients or more were satisfied.

Discussion

From the questionnaire results, 88% of hospitalization environmental satisfaction

was or more. The internal use management is determined depending on the ability of the patients on admission. It is important for patients with Parkinson's disease that internal use is conducted properly to maintain ADL. It is thought that the current method does not have any problems. Patients with Parkinson's disease have a big risk of falls because of their motor disorder. Most patients felt that the support of the nurse following a fall was appropriate. It will be necessary to offer continued nursing in the future. In the hospitalization environment, satisfaction with the weekend life was low, at 50%. Inpatients from outside the prefecture represented 69% of the total, and many patients spend the weekend at the hospital. It will be necessary to get suggestions for how to best spend weekends in future. Regarding bathing, many patients felt that 30 minutes for bathing was too short. The patients with Parkinson's disease have motor disorders, and time is often needed in the second lunar month. Therefore, it is necessary to consider extending the bathing time. Regarding the support from nurses, 5% of patients were dissatisfied. The nurses associate with the patients for 24 hours. Whether a patient is satisfied or dissatisfied with the time in hospital depends on the support received from nurses. For further improvement, the reinforcement of service aspects is being carried out by the staff. Regarding sympathy society and DVD viewing, 24% of patients were unsatisfied. Particularly, it has bad impression for repeater patients to repeat the same content. Therefore, it is necessary to change contents while listening to the demands and the opinions of the patients. Nurses give an explanation of matters that require attention after discharge during a briefing session at the time of discharge. Twenty-seven percent of patients were unsatisfied with this. When a nurse explains a hospitalized good thing, the patients would be satisfied with hospitalization.

Reference

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Table 1. Satisfaction with the hospitalization environment

