

Title: The efficacy of acupressure for decreasing the need for care in people with dementia: a pilot study

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The need for care should be exacerbate among people with dementia (PWD) in deterioration. It frustrates both the PWD and their caregivers. Acupressure is a non-pharmacological intervention whose effectiveness is supported by preliminary studies. However, there is still a dearth of evidence to explain its effects for clinical use and further research. The pilot study is being conducted primarily to investigate the effects of acupressure as compared with placebo acupressure.
This pilot study is an assessor/participant/statistician-blinded, parallel group, controlled clinical trial taking place at a day-care geriatric psychiatric unit in Taiwan. Eight PWD, over 65-years old, were recruited in this pilot study. In the acupressure group, participants receive acupressure at the Fengchi (GB20), Baihui (GV20), Shenmen (HT7), Niguan (PC6) and Yingtang (EX-HN3) acupoints. In the sham-acupressure group, participants received pressure on five non-acupoints. PWD received a 6-week intervention programme. Baseline data were collected in the first week. Individual treatment sessions began at the second week of the study and lasted 10 minutes, twice a day, five days a week for 4 weeks. After a treatment-free period of one week, all PWD were visited for post-test data collection. The primary outcome measure is the need for care using Neues Begutachtungsassessment : mobility, cognitive and communicative, behavior and psychical problems, self-care, and social life, was used to compare the effects among groups and time points. Comparison between the experimental and control groups indicated significant difference between the two groups on outcome measure with better independent results found at PWD with acupressure.

Biography

Nai-Huan Hsiung, assisstant professor of nursing, has completed her PhD at the age of 44 years from the University of Edinburgh. She joined the faculty as an instructor in 1998 and was appointed to lecturer in 2001 and assisstant professor in 2016. Dr. Hsiung was devoted her teachingand research in the area of medical surgical nursinf with a specific focus on pain maagement and has a number of publications. (Up to 100 words)

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