

Energy improvement, fatigue and acupressure

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[Observation on therapeutic effect of point pressure combined with massage on chronic fatigue syndrome]

[Article in Chinese]

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OBJECTIVE: To search for an effective therapy for chronic fatigue syndrome (CFS). **METHODS:** Eighty-five cases of CFS were treated with massage and pressing of Back-shu points, combined with pressing acupoints on the head. The therapeutic effect was observed. **RESULTS:** After treatment of 3 courses, 26 cases were markedly effective, 52 cases were effective, and 7 cases were ineffective, with a total effective rate of 91.8% and a markedly effective rate of 30.6%. **CONCLUSION:** Pressing acupoints and massage **can effectively improve clinical symptoms of the patient with chronic fatigue** syndrome.

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The effect of acupressure with massage on fatigue and depression in patients with end-stage renal disease.

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Fatigue and depressive mood are the most significant symptoms experienced by patients with end-stage renal disease. The purpose of this study was to examine the effectiveness of acupressure with massage in fatigue and depression in patients with end-stage renal disease (ESRD) receiving hemodialysis treatment. The study applied an experimental pretest and posttest design. Sixty-two hemodialysis patients participated in the study. Data were collected from two hemodialysis clinics in major hospitals in southern Taiwan. Following consent to the study, subjects were randomly assigned to an acupressure group or a control group. Patients in the acupressure group received acupoint massage for 12 minutes per day, three days per week, for four weeks. Subjects in the control group only received routine unit care. The measures included the Revised Piper Fatigue Scale, and Beck ' s Depression Inventory. Descriptive statistics, chi 2 tests, t-test and analyses of covariance were used for data analysis. The results indicate that subjects experienced a moderate level of fatigue. Nearly 65 % of hemodialysis patients had a depressed mood. ANCOVA results indicated that fatigue ($F((1.54)) = 9.05, p = .004$) and depression ($F((1.54)) = 4.20, p = .045$) among patients in the acupressure group showed significantly greater improvement than patients in the control group. The findings of this study provide an interventional model for nurses taking care of ESRD patients.

Acupressure and fatigue in patients with end-stage renal disease-a randomized controlled trial.

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The purpose of the study is to investigate the **effectiveness of acupressure on fatigue** in patients with end-stage renal-disease (ESRD). The study was a randomized control trial; qualified patients were randomly assigned into acupressure group, sham group or control group. A total of 106 participants were included in the study. The measures included the revised Piper Fatigue Scale (PFS), VAS of Fatigue, the Pittsburgh Sleep Quality Index and the Beck Depression Inventory. Data of fatigue measures were collected at pretreatment and a week following treatment. Sleep quality and depression were collected during post-test only. The statistical methods included the descriptive statistics, one-way ANOVA, ANCOVA, and repeated-measures ANOVA. ANCOVA that adjusted for differences in baseline fatigue scores (PFS), post-test of depression and sleep quality, result was significant, $F(2,100)=3.99$, $p=0.02$. Post-hoc tests revealed that patients in the acupressure group were significantly having lower scores of fatigue than patients in the control group. ANCOVA results also significant for VAS of Fatigue among groups, $F(2,100)=5.63$, $p=0.003$. Comparisons indicated that there were significant differences between the acupressure group and the control group ($p=0.01$) and between the sham group and control group ($p=0.003$). Predialysis fatigue was assessed routinely by using a rating of 0-10. Repeated-measures ANOVA results demonstrate the group main effect was significant in the perceived fatigue ($F(2,88)=19.46$, $p<0.001$). Follow-up tests indicated there were significant differences between the acupressure group and the control group ($p<0.001$) and between the sham group and control group ($p<0.001$). The study provided an alternative method for health care providers to managing ESRD patients with fatigue.