

## عنوان مقاله:

Effect Distraction Method on Pain and Vital Signs in Patients Undergoing Bone Marrow Aspiration- a Randomized Clinical Trial

## محل انتشار:

دومین کنفرانس بین المللی روانشناسی، علوم تربیتی و سبک زندگی (سال: 1394)

تعداد صفحات اصل مقاله: 14

## نویسندگان:

Seyedeh esmat hossein - *Shahid Sadoughi University of Medical Sciences, Yazd, Iran*

Mostafa javadi - *Shahid Sadoughi University of Medical Sciences, Yazd, Iran*

## خلاصه مقاله:

**Introduction:** Bone Marrow Aspiration (BMA) is one of the methods for diagnosis and treatment of various diseases, that now day it is widely use in regenerative medicine. Although this Procedure in adults is usually performed by using local anesthesia, it is associated with anxiety and pain. The purpose of this study is to research into the effect of Deep Breathing Technique (DBT) on patients who have undergone BMA for appeasement of pain and reduction of anxiety. **Method:** This study was a parallel randomized clinical trial. 60 patients who underwent BMA were randomly divided into two groups. Intervention group received DBT training and control group did not go through any training program. To measure the scope of severity of pain Visual Analogue Scale (VAS) were used respectively. Pain after BMA were evaluated in two groups. **Result:** Comparison of anxiety and pain variables in study groups revealed that the mean score of anxiety and VAS average in the intervention group have been lower than that of the control group and this difference was significant ( $P = 0.018$  and  $P < 0.001$  respectively). Comparison of vital signs before and after DBT showed reduced the vital signs after intervention. However, no significant change was observed in control group. **Conclusion:** DBT is an effective technique to reduce anxiety and relieve pain in BMA candidate. Nurses need to be aware anxiety and pain procedures during BMA.

## کلمات کلیدی:

Breathing Exercises , bone marrow, Visual Analog Scale , anxiety, pain

## لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/497853>

