

Effect of Back Massage on Fatigue and Anxiety among Cancer Patients Receiving Chemotherapy

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ABSTRACT

Cancer-related fatigue is one of the most prevalent symptoms patients with cancer experience, both during and after treatment and in disease-free survivors. Anxiety have been found to correlate with Cancer-related fatigue. Back massage, a nursing intervention, is one of the complementary treatment approaches that have an important place in the control of fatigue and anxiety suffered by patients receiving chemotherapy. **Aim of the study:** To evaluate the effect of back massage on fatigue and anxiety among cancer patients receiving chemotherapy. **Research design:** A quasi-experimental design was utilized. **Setting:** The study was conducted at the outpatient oncology clinic at Fayoum University Hospital. **Methods:** A purposive sample of 60 adult patients from both genders who were randomly and alternatively divided into two equal groups study and control (30 patients in each). **Tools:** data collection tool included: Interview patient's assessment sheet, state-trait anxiety inventory scale(STAI), brief fatigue inventory scale (BFI). **Results:** The study revealed that there was a significant decrease in the level of fatigue and the mean anxiety scores among study group after implementing back massage. **Conclusion:** Back Massage given during chemotherapy is effective nursing intervention in reducing anxiety and fatigue among studied patients. **Recommendations:** Apply back massage as a supportive care for cancer patients receiving chemotherapy.

Key words: Back Massage, Fatigue, Anxiety, Cancer, Chemotherapy.