

Massage Therapy: Literature Review

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The primary purpose of a literature review is to evaluate peer-reviewed articles to provide context, explore the methodology used to ensure professional standards meet for each study. Exploring massage therapy as a CAM (Complementary and Alternative Medicine) with different illnesses for patients and nursing staff, there have been positive results. According to the National Holistic Institute, more than 50 million Americans spoke with their health care providers about massage therapy last year (Ghavami et al., 2019). In the following articles, the role of massage therapy will discuss as possible treatment options in conjunction with medicine

Impact of Hot Stone Massage Therapy on Sleep Quality in Patients on Maintenance Hemodialysis: A Randomized Controlled Trial.

In this study, the specific effects of hot stone massage therapy on patients who undergo hemodialysis three times a week also suffer from sleep disorders. The point of this study was to see if hot stone massage would positively affect sleep patterns. The study results are significantly better for the patients who underwent the massage and had a much easier time falling asleep and staying asleep than those who were not a part of the intervention group (Ghavami et al., 2019). Thus, this is a look into how massage therapy improves the way of life of the participants.

Key Points

This study is to find alternative methods to help patients sleep without the use of sleep aids. These aids typically have side effects that can adversely affect the patient, like drug resistance or dependence (Ghavami et al., 2019). By testing the hot stone massage and seeing

positive results, doctors and nurses can recommend this to their patients without worrying about increasing the dosage so that the patient has a good quality of sleep.

Assumptions

Following the research context, hot massage therapy benefits help patients undergoing hemodialysis have an increased quality of sleep without relying on medication solely. With this development, massage therapists hired by the medical facility can perform these massages and help limit sleep aid medication if a patient does not want to pursue that route of treatment either because of drug resistance or for those who worry about drug dependency. Furthermore, if a patient wants to lower their dose and have the massage to help sleep, it is also a promising option (Ghavami et al., 2019).

Deficit/Conclusion

The article does bring up some of the deficits that they faced. The entire control and intervention group were all males. For more conclusive information, a study would need conduction with a control and intervention group of both male and female participants. Nevertheless, the line of reasoning offered by Ghavami is sound. This research implies that those who either have a history of drug abuse or do not want to become dependent on medication may see this as a viable option to have sound sleep patterns (Ghavami et al., 2019). If nursing were not to accept that line of reasoning, it would perhaps imply that there needs to be more research done before setting hot stone massage therapy as an approved medical treatment to help with sleep.

The Effect of Massage on Pain and Anxiety in Hospitalized Patients: An Observational Study.

This article focuses on testing massage therapy after undergoing a surgical procedure or an oncology treatment. There is a statistically significant improvement in patients by lowered pain, anxiety, and distress levels after the second massage (McMillan et al., 2018). The results support other similar studies showing the use of massage therapy in conjunction with standard medical treatment.

Key Points

The most crucial evidence that the authors had regarding this research is that massage therapy finds a sustained, immediate result in patients in the test group (McMillian et al., 2018). For example, mobility is better, and pain levels are significantly lower. With these results, patients can engage in their care with more success, which allows the patient to feel better by articulating their needs and wants.

Assumptions

Based on the conclusions made in the article, by using massage therapy in conjunction with standard medical treatment in hospitalized patients, there is additional relief. *Massage therapy* is a pleasant tool that can be utilized and yield positive results (McMillan et al., 2018). Based on the results found, there should be real consideration in applying this tool for medically and mentally stable patients for additional relief.

Deficit/Conclusion

The main issue that the article talks about is that the groups used as the test and control are too similar and would not have concrete results for people who do not fit within the demographics of the two groups (McMillan et al., 2018). More tests would need to be done with a greater spread of age, surgical procedures, medical conditions, and gender identity to see if positive results mirror those outside the conduct of the initial experiments. The evidence presented within this is sound reasoning and should seriously consider. It could be done by either reintroducing massage techniques into nursing or having the hospital or facility have a licensed massage therapist on staff. Considering, it is potential because it is not applicable based on the medical condition. However, as an additional tool to ease patients' pain, it should be considered. If a patient is still in pain and cannot receive more pain medication, this would affect their care.

Massage Therapy in Nursing as Nonpharmacological Intervention to Control Agitation and Stress in Patients with Dementia.

The article details studies that conduct and shown positive results in massage therapy in patients to reduce stress, wandering, and agitation who suffer from Dementia (Zhao et al., 2020). This study looks at alternative methods to help patients limit negative interactions between prescribed medication to treat dementia and the antipsychotics they give. By studying the results of the studies, aromatherapy and massage therapy used in conjunction show the best results in lowering blood pressure, agitation, and other abnormal behavior in patients (Zhao et al., 2020). The study also looks into a study where caregivers give massages. That shows positive changes in mood, blood pressure, and stress.

Key Points

The article covers quantitative research and other tests that support the outcome and a good portion of those tests that do not support the conclusions that massage therapy can help Dementia patients. The results refer from around the world and not from just one country. The work does not solely focus on massage therapy but talks about how massage therapy in conjunction with aromatherapy had the best outcome for the patients (Zhao et al., 2020).

Assumptions

Following the reasoning in the paper for either patients or the person legally in charge of taking care of them, this is an option that can pursue without having antipsychotics prescribed and having a potentially harmful outcome between medications. Also, looking at the article, while stating that it needs further research, massage therapy on caregivers has positive outcomes that would benefit both parties and improve care and communication. Introducing massage therapy to patients can help those who have difficulty falling asleep (Zhao et al., 2020).

Deficit/Conclusion

As per the writers, more studies need to be conducted for there to be concrete proof on how massage and aromatherapy affect more caregivers, not just the patients. However, the line of reasoning is sound and supported by several studies that show similar results in patients. Therefore, this treatment option could introduce to help patients while they are receiving treatment and have a positive outcome for the individual without having to worry about negative drug interactions that could be potentially harmful (Zhao et al., 2020).

Conclusion

The three articles support that massage therapy positively affects patients and is an effective CAM tool that can utilize. The patient outcome may be improved by using massage

therapy as an alternative for medication in some instances and negating the adverse effects of drug interactions or drug abuse (Ghavami et al., 2019). If that can conclude, potentially, the skill could apply to nursing coursework, and this technique could be helpful while patients are in care units. Furthermore, this means that we can change healthcare as a whole if we have more options than medication therapy. Adding this to our arsenal, we can improve quality efforts and the way of life of patients already having trouble with drug therapy.

References

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