



شبكة المعلومات الجامعية
التوثيق الإلكتروني والميكروفيلم

بسم الله الرحمن الرحيم



MONA MAGHRABY



شبكة المعلومات الجامعية
التوثيق الإلكتروني والميكروفيلم



شبكة المعلومات الجامعية التوثيق الإلكتروني والميكروفيلم



MONA MAGHRABY



شبكة المعلومات الجامعية
التوثيق الإلكتروني والميكروفيلم

جامعة عين شمس

التوثيق الإلكتروني والميكروفيلم

قسم

نقسم بالله العظيم أن المادة التي تم توثيقها وتسجيلها
علي هذه الأقراص المدمجة قد أعدت دون أية تغيرات



يجب أن

تحفظ هذه الأقراص المدمجة بعيدا عن الغبار



MONA MAGHRABY

Effect of Acupressure on Primary Dysmenorrhea Among Adolescence Girls

**Fulfillment of the Requirement of
Doctorate Degree in Nursing Science
(Maternal & Obstetric health nursing)**

By

Asmaa Mohammed Ahmed

M.D Nursing Science
Maternity and Gynecological Nursing
Faculty of Nursing, Ain Shams University

Assistant lecturer
Maternal and Neonatal health nursing
Faculty of Nursing, El- Fayoum University

(2018)

Effect of Acupressure on Primary Dysmenorrhea Among Adolescence Girls

Fulfillment of the Requirement of Doctorate Degree in Nursing Science (Maternal & gynecological health nursing)

Under Supervision of

Dr. Aziza Ahmad Attia

Prof. of Maternity and Gynecological Nursing

Faculty of Nursing

Ain Shams University

Dr. Nevin Samir Metwally

Assistant prof. of Maternity and Gynecological Nursing

Faculty of Nursing

Ain Shams University

Dr. Rania Farrag Abd-Elhak

Assistant prof. of Maternal & Neonatal Health Nursing

Faculty of Nursing

Fayoum University

(2018)



ACKNOWLEDGEMENT

FIRST AND FOR MOST THANKS TO MERCIFUL ALLAH

*Words are inadequate in offering my thanks to Prof.Dr. **AZIZA AHMAD ATTIA**, Professor of Maternal & Neonatal Health Nursing department , Faculty of Nursing, Ain Shams University for having permitted me to carry out this dissertation.*

*I wish to express my deep sense of gratitude to my Internal Guide, Prof.A.Dr. **NEVEN SAMIR** Prof assistant of Maternal & Neonatal Health, Nursing, Faculty of Nursing, Ain Shams University for her able guidance and useful suggestions, which helped me in completing the studied work successfully.*

*Also, I would like to thank, prof.A.Dr. **RANLA FRRAG** Assistant prof. and head of maternal & Neonatal Health Nursing department , Faculty of Nursing, Fayoum university for all valuable assistance and guidance in my thesis work .*

All gratitude and appreciation to my faculty diligent female student who participate sincerely in the present study. Finally, yet importantly, I would like to express my heartfelt thanks to beloved parents for their blessings, my son &

daughter/ friends for their help and wishes for the successful completion of this study.

LIST OF ABBREVIATIONS

AACAP	American Academy of Child and Adolescent Psychiatry
B6	Vitamin B complex
BBT	Biologically based therapies
BI	Measurement unit = 9cun
CAHC	Complementary alternative health care
CAM	Complimentary alternative therapy
COX)-2	<u>Cyclooxygenase -2</u>
CPP	Chronic pelvic pain
Cun	Measurement unit = 1and half finger
DP	Distal point
F2α	Prostaglandin F2 alpha
Kg	Kilogram
LMIC	Low and middle income countries
LP	Local point
MEG	Magnetoencephalography
mg	Milligram
NCCAIH	<u>National Center for Complementary and Integrative Health</u>
NPs	Nurses practitioners
NSAIDs	Nonsteroidal anti- inflammatory drugs
OCp	Oral contraceptive pills
PD	Primary dysmenorrhea
PG	Prostaglandin
PID	Pelvic inflammatory disease
PMT	Premenstrual tension
QOL	Quality of life
Qi	Chi (human internal energy)
RCTs	Randomized controlled trials
SD	Secondary dysmenorrhea
SP6	Spleen 6 point
TM	Traditional medicine
TMJ	<u>Temporomandibular joints</u>
TP	Tender point

UNDESA	United Nations Department of Economic and Social Affairs
UNICEF	The United Nations Children's Fund
WHO	World health organization

TABLE OF CONTENTS

CONTENTS	PAGE NO.
Acknowledgment	I
List of abbreviations	II
List of figures (in review)	IV
List of tables (in results)	V
List of figures (in results)	VI
Introduction and aim of study	1
Literature review	
- Chapter one : primary dysmenorrhea regarding adolescents girls	
* <i>Part one</i> : stages of adolescents girls.....	5
* <i>Part two</i> : primary dysmenorrhea	13
- Chapter two : alternative therapy regarding acupressure effect on primary dysmenorrhea	
* <i>part one</i> : alternative therapy over view	37
* <i>part two</i> : acupressure as dysmenorrhea therapy	49
- Chapter three : nursing role regarding acupressure as dysmenorrheal treatment.....	63
Subjects and methods	69
Results	82
Discussion	101
Conclusion	124
Recommendation	125
Summary	126
References	130
Appendices	149

LIST OF FIGURES IN REVIEW

NO.	TITLES	PAGE NO.
1	physiological changes in adolescents	7
2	Etiology of primary dysmenorrhea	19
3	Mechanism of pain generation in primary dysmenorrheal	20
4	Sites of pain regarding dysmenorrhea	21
5	Intestinal dysmenorrheal syndrome	22
6	Algorithm pharmacological management of primary dysmenorrhea.	27
7	Cat, relaxation and fetal position to relive pain of dysmenorrheal	28
8	Diet as alternative medicine to relive dysmenorrheal pain	29
9	Etiology of secondary dysmenorrhea	32
10	World wide utilization of alternative therapy	37
11	Magnet therapy for colic pain and muscle spasm	39
12	Yoga Poses for Dysmenorrhea and cramps	39
13	Reflexology	40
14	Rolfing technique	41
15	Chiropractic manipulative body treatment	42
16	Ayurvedic medicine	43
17	Cramp bark and black haw for menstruation pain relieve	48
18	Mechanism of acupressure action	50
19	Acupressure tools	51
20	Selected Acupoint in Acupressure Group	52
21	Cun measurement system	52

22	Pericardium and spleen 6 points for Low Back and abdominal Pain	53
23	Spleen 6 acupoint selection	57
24	(SP6) Point is location to relive primary dysmenorrheal pain	57

LIST OF TABLES IN RESULTS

TABLE NO.	TITLE	PAGE NO.
1	Number and percentages for studied sample according Demographic Characteristics of Study Sample	83
2	Distribution of the adolescents girls according to their menstrual Characteristics.	85
3	Distribution of data regarding the pattern of pain during menstruation among adolescents girls with primary dysmenorrhea.	87
4	Distribution of data regarding pattern to relieve dysmenorrheal pain among adolescents girls with primary dysmenorrhea.	88
5	Comparison of dysmenorrheal symptoms among studied sample before and after applying acupressure regarding the verbal multidimensional scoring system (VMDSS) .	89
6	Distribution of dysmenorrheal pain degree before and after applying acupressure among studied sample	91
7	correlation between the degree of pain among studied sample and their age.	93
8	Correlation between the degree of pain in studied sample and their menstrual characteristics.	97
9	Correlation the degree of satisfaction in studied sample and their dysmenorrheal pain degree post application of acupressure.	98
10	Correlation the level of anxiety in studied sample and their pain degree post application of acupressure .	99

11	Correlation between the level of anxiety in studied sample and their degree of satisfaction post application of acupressure.	100
----	--	-----

LIST OF FIGURES IN RESULTS

TABLE NO.	TITLE	PAGE NO.
1	Percentages of body mass index among adolescents girls with primary dysmenorrhea.	84
2	age of menarche among adolescents' girls with primary dysmenorrhea, n= 218	86
3	Distribution of anxiety score before and after applying acupressure among studied sample	90
4	Distribution of satisfaction degree among adolescents girls with primary dysmenorrhea after acupressure intervention	92
5	Correlation between the dysmenorrheal pain degree among studied sample and their body mass	94
6	Correlation the dysmenorrheal pain degree among studied sample and their age of menarche	95
7	Correlation between the dysmenorrheal pain degree in studied sample and their site of pain	96



Abstract

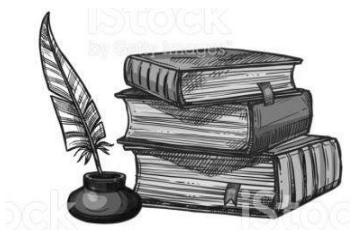
Effect of acupressure on primary dysmenorrhea among adolescence girls

ABSTRACT

The aim of the present study was to study the effect of acupressure as nursing intervention on primary dysmenorrhea among adolescence girls. This study utilized quasi experimental design, study conducted at the faculty of nursing -Fayoum university. The sample was purposeful selective, it consisted of two hundred and eighteen adolescent girl, study included *five tools*: 1st tool included an interviewing questionnaire sheet to collect data related to sample and menstrual characteristics . 2nd tool; Verbal multidimensional scoring system.. 3rd tool; Visual Analogue scale. 4th tool: Hamilton anxiety scale and 5th tool included: Likert scale. *The Supportive materials* as power point presentation, video and pamphlet, it have been used to help for complete the practical application of the present study. *The results* of the present study revealed that, the severity of pain degree and level of anxiety was lower among studies, sample after application of acupressure as compared to pre application. While the level of satisfaction was higher with marked improvement of daily routine activities after acupressure application. There were positive correlations between the degree of pain and level of anxiety after acupressure application. There were strong negative correlation between level of satisfaction and degree of pain. The study *concluded* that, the effect of acupressure on adolescent girls with primary dysmenorrhea is affordable, well tolerated and accepted, improve dysmenorrheal syndrome, and decrease levels of pain and anxiety. The study was *recommended that*; acupressure as dysmenorrheal treatment is needed to develop and dissemination of

illustrated guideline to control and relief on dysmenorrheal syndrome among adolescent girls and women in other ages.

Key words:- Adolescents girls , primary dysmenorrhea, acupressure.



Introduction and Aim of study

Introduction

Adolescence is a critical period in a girl's life, The Egyptian adolescents from early to late adolescent stage (ages 10–21) make up about one-third of the population—just over 20 million persons half of them are girls . According to the latest projections from the United Nations (UN) Population Division, Egyptian adolescent girls will grow in 2030 to a 44 percent. Thus, improving the lives of adolescent girls in Egypt requires a national response that cuts across development sectors and programs especially for those problems with the girls reproductive system (**Rania R. and Maia S., 2016**).

Puberty in adolescent girls is transferring from girlhood to womanhood with stressful events such as menarche. According to (WHO) in 2008 The age of menarche in Egyptian girls was 12.5 years while in a cross sectional survey in 2017 among the Egyptian adolescent girls found that; the mean age of menarche (11-14 years) was found in 85% of girls. Late menarche (15-18 years) was found in (10%) of adolescent girls in Egypt. Menarche followed with stressful and embarrassment menstruation, which is named dysmenorrhea (**Mosaad AM., etal, 2017**).