

Effectiveness of Hot Water Foot Bath on Level of Fatigue among Elderly Patient

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Abstract: ***Background:** Ageing is the natural process. Fatigue is common health complaint faced by the elderly people whom results in various problems like sleep disturbances etc; if it is untreated it leads to chronic fatigue syndrome and also affects the daily living activities. **Aim:** The aim of the study is to evaluate the effectiveness of hot water foot bath which reduces the fatigue level among the elderly patients. **Objectives:** To assess the level of fatigue among elderly patients and to determine the effectiveness of hot water foot bath on reducing level of fatigue among elderly patients. **Methodology:** A total of 30 elderly patients with fatigue were selected by simple random sampling and were assigned to two groups, namely, control and experimental groups. The experimental group received hot water foot bath twice a day for three days and the control group received routine care. Their fatigue was measured by a numerical fatigue scale before as well as after the intervention in both groups. Data were analysed by using descriptive and inferential statistics. **Result:** Out of 15 samples in experimental group, 10(67%) are suffering from severe fatigue and 05(33%) are suffering from moderate fatigue. In control group, 07(46%) are suffering from severe fatigue and 08(54%) are suffering from moderate fatigue. The pre-test mean value of experimental group was 7.3 with 1.1 SD and the post-test mean value was 4.1 with 1.4 S.D. The paired-t test reveals that there is effectiveness of hot water footbath on reducing the level of fatigue among elderly patients at the level of $P < 0.05$.*

Keywords: elderly, fatigue, Foot bath, Hot Water foot bath

1. Introduction

Health is wealth. To keep body in good health is a duty otherwise we shall not be able to keep our mind strong & clear. So health is something that should be taken into serious consideration and also it become one of most concerned issues of any human being (Buddha 2010). A human life is divided into five main stages namely infancy, childhood, adolescence, adulthood and old age. In each of these stages an individual find himself in different situations and face difficult problems. The old age is not without any problems. In elderly people, the physical strength deteriorates, mental stability diminishes money power becomes break coupled with negligence from younger generation.

According to UN population they will be 2 elderly persons for every child in world by 2050. Ageing is natural process. Due to improved health care services there is decreased infertility and mortality and these leads to increased geriatric population both in developed as well as developing countries. India's population is likely to increase by 60% between 2000 and 2050 but the number of elders, who attained 60 years of age, will shot up by 360 percentages. India has around 100 million elderly at present and number is expected to increase 323 million, constituting 20% of total population by 2050.

Nearly 5-7% of elderly patients who are attending primary care have a primary complaint of fatigue. The active elderly person who suddenly losses energy and they become easily fatigued. The number of persons above the age of 60 years is fast growing especially in India. India is second most popular country in world has 76.6 million people at over age of 60 yrs.

Fatigue or exhaustion is a common clinical complaint among elderly for which multiple definitions & measurement instrument exist. Fatigue is often symptom of underlying medical or psychiatric illness. However many elder persons, no physiologic or psychological explanation is identified and fatigue becomes a syndrome which the elderly must attempt to cope across the fatigue and activities of daily living.

The hot water has been used for centuries as a healing and detoxifying medium. Hot water foot baths are a cheap, simple way to relieve stress, insomnia, anxiety, fatigue and tired muscles by stimulating acupuncture points located on the bottom of each foot. (Yamamoto s.2010)

2. Need for the Study

Fatigue is generally defined as feeling of lack energy & motivation that can be physical, mental or both. Fatigue is common health complaint faced by the elderly people whom results in various problems like sleep disturbances etc; if it is untreated it leads to chronic fatigue syndrome and also affects the daily living activities. The need for study is to show the effectiveness of hot water foot bath which reduces the fatigue level among the elderly patients. The hot water footbath is used as a healing and detoxifying medium. It is cheap and simple way to relieve stress, insomnia, anxiety, and fatigue by increasing the foot vessel expansion and blood volume is increased and timely ought to brain of oxygen & nutrients needed to relieve the fatigue.

(Kazuo 2010) states that footbath have originated from Japanese legend occurred about 1600 years ago. It was narrated by group of sickly people followed same route of pilgrimage and some doctors and renowned physicians found that footbath has something to do with healing.

(Mimie 2008) explained that for stress & fatigue which are usually caused by poor blood circulation. Hot water foot bath can find great relief without drugs at home for elderly. To make foot bath more effective, natural herbs can be added. These herbs can help you prevent getting hundreds of illness too.

Perry (2011) stated that hot water foot bath is a form of treatment that is recommended for foot and leg cramps, insomnia, nausea, and also to relieve the fatigue in elderly. It is immersion of both feet and ankles in hot water for 10-30 min and is an excellent way to draw blood from inflamed or congested area of the body.

Yang (2010) conducted study on effectiveness of warm water foot bath on relieving fatigue among elderly who are receiving chemotherapy. it is longitudinal study design, elderly with gynaecological cancer were followed for 6 months .participants in experimental group soaked their feet for 20 min every evening at 42°C after chemotherapy. There were 25 and 18 participants in comparison and experimental groups respectively who completely study. Participants reported that significant reduction in fatigue level. The study concluded that this intervention used to reduce the fatigue level for elderly after receiving chemotherapy.

Seo HS (et.al.) (2011) conducted the study to determine the effectiveness of hot water foot bath on level of fatigue among older Korean adult. A non-equivalent control group, quasi-experimental design was used. 50 participants from long-term care were selected and assigned into experimental group (27) control group (23). The participants in experimental group received hot water foot bath at 42°C soaked for 20 min. The study concluded that hot water footbath decreases the fatigue level when compared to

4. Methods And Materials Used

The research approach used in the study was quantitative approach by using true-experimental research design. The study was conducted at selected hospital with 30 samples. Out of which 15 samples in experimental group and 15 samples in control group and the samples were selected by using simple random sampling technique. The tool used for the study was demographic variable and numerical fatigue assessment scale to collect the data. Explained the study to the samples and got the consent from the samples. Demographic variables and fatigue level were assessed for both experimental and control group. Hot water foot bath was given twice a day for 3 days for experimental group and control group received only routine care. Post test was done by using the same numerical fatigue assessment scale at the end of the 3rd day. The data were analysed by using descriptive and inferential statistics.

5. Results

Out of 15 samples in experimental group, 10(67%) are suffering from severe fatigue and 05(33%) are suffering from moderate fatigue. In control group, 07(46%) are suffering from severe fatigue and 08(54%) are suffering from moderate fatigue. The pre-test mean value of

control group. The study results suggest that this method is beneficial for reducing fatigue.

Allehe Seyyedrasooli (2013) had conducted a study on effectiveness of footbath on level of fatigue among elderly; it was conducted by a blinded randomized clinical trial on 50 old men. Participants in research were divided into two groups. One group had foot bath (experimental) and another didn't had (control group). The experimental group participants were asked to put their feet in hot water for 10-20 min for 6 weeks. The result showed that experimental group participants fatigue level was reduced when compared with control group participants. By considering the above all needs and importance of hot water foot bath which is essential to relieve the fatigue. The investigator felt the urge of findings the effectiveness of hot water foot bath on level of fatigue among elderly the study was carried out.

3. Statement of the Problem

Effectiveness of hot water foot bath on level of fatigue among elderly patients at selected hospital.

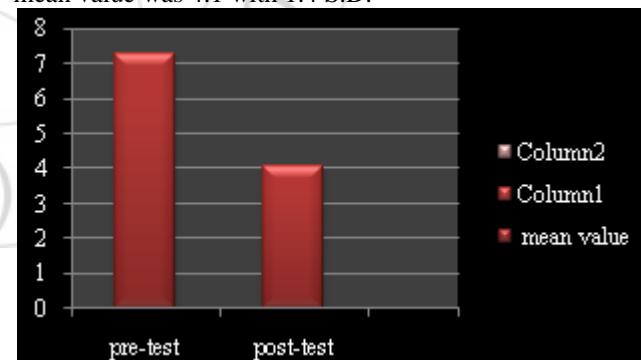
Objectives

- To assess the level of fatigue among elderly patients.
- To determine the effectiveness of hot water foot bath on level of fatigue among elderly patients.
- To associate post level of fatigue with selected demographic variables among elderly patients

Hypothesis

There is a significant reduction in the level of fatigue after receiving hot water foot bath among elderly patients in experimental group than control group.

experimental group was 7.3 with 1.1 SD and the post-test mean value was 4.1 with 1.4 S.D.



The paired-t test reveals that there is effectiveness of hot water footbath on reducing the level of fatigue among elderly patients at the level of $P < 0.05$.

6. Conclusion

The study concludes that the hot water foot bath is used for relieving the fatigue for elderly patients, which can reduce the need of pharmacological intervention. The hot water is cheap and simple way to relieve stress, insomnia, anxiety, and fatigue by increasing the foot vessel expansion and blood volume is increased and timely ought to brain of oxygen & nutrients needed to relieve the fatigue. Thus the

hot water foot bath can find great relief without drugs at home for elderly.

7. Recommendations

- The similar study can be undertaken on the larger scale.
- The similar study can be undertaken to reduce the insomnia among elderly patients.

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