

A FEASIBILITY STUDY USING ACUPRESSURE
AS A STRESS MANAGEMENT TECHNIQUE FOR NURSES

A Capstone Project
Presented to the
Doctoral Faculty of
Pacific College of Oriental Medicine

In Partial Fulfillment
of the Requirements for the Degree of
Doctor of Acupuncture and Oriental Medicine

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San Diego, 2014

ABSTRACT

It is widely recognized that stress exacerbates many health problems and is thought to be a contributing factor to the development of disease. Providing training in stress management is an effective way to help manage stress. There is a lack of studies examining the application of an acupressure protocol that can be self-administered for stress management. This feasibility study specifically examined the effectiveness of self-administration of acupressure as a stress management tool. While a control group was given no intervention, two experimental groups were each asked to self-administer acupressure at an acupuncture point, either pericardium 8 or large intestine 4. These points were chosen because they are discreet and easily accessible, both being located on the hand, and are thought to help manage stress. All participants in the experimental groups either had a reduction in stress levels or a smaller increase in stress levels as compared to the control group. The following four areas were examined to determine the feasibility of this study: acceptability, demand, ease of implementation, and practicality. The study met all feasibility requirements. As more research is needed in this area, it is recommended for this study to be repeated with a larger sample. In conclusion, this project presents a simple tool for reducing stress levels and thereby improving the health and well-being of nurses.

Keywords: Acupressure, nurse, stress, stress management, well-being.