



Massage Therapy and Vital Signs of Patients in Coronary Care Units

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Dear Editor,

In the first issue of Nursing and Midwifery Studies, Adib-Hajbaghery et al. have published the results of a study on the effects of massage therapy by the patient's relative on vital signs of males admitted in critical care unit (1). Ischemic heart disease is estimated to be the leading cause of mortality in the country and worldwide (2). Tachycardia and high blood pressure in these patients can have dangerous consequences, especially in their acute phase. Then, treating tachycardia and lowering the high blood pressure may help to control the dangerous consequences in this phase. Due to the side effects of drugs, the study of Adib-Hajbaghery et al. (1) can draw the nurses' attention to the use of non-pharmacological treatments for balancing the vital signs of patients in the CCU. This study has a good design and the results are presented in clear and expressive way. Also massage therapy was done by the patient's relatives and this may be viewed as an innovation in research and practice and is strength for this study. However, it could be better if the time between the two consecutive measurements of vital signs (before and after the intervention) in the intervention and control

groups was equal. It seems that, the time between two consecutive measurements in the intervention group was a little more than in the control group. it could also be better if the unit of measurements had been noted for parameters such as age, blood pressure, pulse, temperature and respiration. It appears that the results of this study was in congruence with the results of Combron et al. who studied the changes in blood pressure after various forms of therapeutic massage (3). Overall, the study of Adib-Hajbaghery et al. (1) may suggest nurses a practical way to promote family involvement in the care and support for patients admitted in CCU.

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