Title:
Auricular Acupressure in Enhancing the Effectiveness of the Nurses Quality of Sleep

Lin-Ying Chiang
Yu-Chu Pai
Yui-Wen Hwang
Nursing Department, Taipei Veterans General Hospital, Taipei, Taiwan

Session Title:
Auricular Acupressure in Enhancing the Effectiveness of the Nurses Quality of Sleep
Slot:
LE 03: Saturday, September 27, 2014: 10:15 AM-11:00 AM
Scheduled Time:
10:15 AM

Keywords:
auricular acupressure and sleep quality

References:
Learning Activity:

<table>
<thead>
<tr>
<th>LEARNING OBJECTIVES</th>
<th>EXPANDED CONTENT OUTLINE</th>
<th>TIME ALLOTTED</th>
<th>FACULTY/SPEAKER</th>
<th>TEACHING/LEARNING METHOD</th>
<th>EVALUATION/FEEDBACK</th>
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<td>Critique selected definition of the term, &quot;curriculum&quot;</td>
<td>Deinitions of &quot;curriculum&quot;</td>
<td>Name, Credentials</td>
<td>Lecture; PowerPoint presentation</td>
<td>Group discussion: What does cultural training mean to you?</td>
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<td>Course of study</td>
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<td>Arrangeements of instructional materials</td>
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<td>The subject matter that is taught</td>
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<td>Cultural &quot;training&quot;</td>
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<td>Planned engagement of learners</td>
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<td>Interduce the acupressure background and reference</td>
<td>Interduce acupressure, and the response locations of ears (shenmen)</td>
<td>6 minutes</td>
<td>Lin-ying Chiang</td>
<td>Lecture; PowerPoint</td>
<td>What dose the audiences think about acupressure?</td>
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Abstract Text:

Background:

Because lifestyle changes, now there is an upward trend in the incidence of insomnia, each about three to four ten people have insomnia. Rotating three-shift nurses often lose sleep because of the problem, according to the literature that can be avoided through the use of auricular acupressure hypnotic or sedative side effects, to help improve sleep quality and insomnia and improve efficiency.

Purpose:

Promotion of auricular acupressure as an alternative therapy refer to improve sleep quality, and helth, further more to increase the working efficiency of nursing staffs.

Methods:

This study, which used a quasi-experimental design, targeted on nurses working in a medical center of northern Taiwan. The nurse staffs who scored above 5 on the Pittsburgh Sleep Quality Indes (PSQI). Then using 3M adhesive tape affixed ear pressed to 4 different location of ears, the experimental group and control group differences in the effectiveness of auricular acupressure on. Data to SPSS / Windows 18.0 statistical software package for descriptive and inferential statistical analysis.

Results:

The results show that a scale of education in the Pittsburgh statistically significant difference (t = 2.328, p <.05); sleepiness scale in age (F = 4.193, p <.05), grade (F = 3.283 , p <.05), years (F = 4.104, p <.05) and salary (t = 2.260, p <.05) were statistically significant differences; tired to work stress scale in a statistically significant difference (F = 4.972, p <.05) And post-auricular acupressure by both scores decreased significantly after four weeks fell to Pittsburgh, the average scale scores of 6.44 (p <.05), four weeks after the sleepiness scale scores dropped an average of 9.89 (p <.05), around the average scale scores after fatigue reduced by the 67.53 53.74 (p <.05).

Conclusion:

This study tested the auricular acupressure on sleep quality and fatigue were improved, is widely expected to promote to help improve sleep quality and efficiency of nursing staff.