

11. Gastrointestinal, Hepato-Biliary-Pancreatic Diseases

Reference

Kono K, Tamura S, Inoue K. Effects of acupressure point stimulation on difficulty in defecating*. *Nihon Kango Gakkai Ronbunshu, Bosei Kango (Maternal Nursing) 2007*: 74–6 (in Japanese). Ichushi Web ID: 2008110602

1. Objectives

To evaluate the effectiveness of acupressure point (ST36 [足三里] and SP6 [三陰交]) stimulation on defecation control in women recovering from childbirth.

2. Design

Randomized controlled trial (RCT).

3. Setting

Not described (the authors were affiliated with Saiseikai Kyoto Hospital).

4. Participants

Forty women recovering from childbirth after normal delivery between 2 August and 2 October 2006. Mean age in the two groups was, respectively, 29.1±4.81 and 30.9±5.22 years.

5. Intervention

Arm 1: Acupressure point stimulation group. The stimulus sites were the left and right ST36 (足三里) and SP6 (三陰交). Acupressure stimulation was applied to the sites for about one minute each twice a day for five days from the day after delivery. The acupressure stimulation was carried out at about 10 a.m. (by nurse or midwife) and about 9 p.m. (by self) (n=20).

Arm 2: Control group. No intervention (n=20).

6. Main outcome measures

Constipation assessment scale (CAS-long-term [LT]), and the number of women who used laxatives.

7. Main results

CAS scores were significantly lower in Arm 1 ($P<0.05$). The number of women who used laxatives was significantly higher in Arm 2 ($P<0.05$).

8. Conclusions

Acupressure point stimulation at ST36 (足三里) and SP6 (三陰交) is effective for defecation control in women recovering from childbirth.

9. From acupuncture and moxibustion medicine perspective

The paper suggests that the effective mechanism in acupressure point stimulation at ST36 (足三里) and SP6 (三陰交) involves stimulation of intestinal peristalsis.

10. Safety assessment in the article

Not mentioned.

11. Abstractor's comments

This clinical trial attempted to verify whether acupressure point stimulation can resolve constipation in women recovering from childbirth, without relying on drugs. The results suggest that acupressure point stimulation may be very helpful in the treatment of such women. However, the information given in the paper about recruitment, the setting, randomization method, allocation flow chart, etc. was not complete, leaving room for improvement. A more detailed report is anticipated.

12. Abstractor and date

Haruki J, 9 September 2011.