

the elderly, anywhere and any-time.”

### **Birthing (28)**

Of 593 women who gave birth at Gentofte County Hospital (Great Britain) in 1988, 103 chose reflexology as an alternative to both pain killing drugs and to labor stimulating and inducing drugs. Of sixty-eight women who chose reflexology with no analgesic drugs, sixty one (89.71%) stated that reflexology had helped reduce pain., six (8.82%) felt no effect, and, one had increased pain in spite of reflexology treatment. Four of the sixty-one women who were helped by reflexology also required pain medication.

Of forty-nine women who chose reflexology to stimulate labor, twenty-four gave birth without additional drug treatment. Fourteen women who were candidates for surgical delivery, received reflexology treatment between 30 and 60 minutes of birth. Eleven (78.57%) were then able to discharge the placenta. The other three had it surgically removed. All participants, except one, found the reflexology treatments extremely pleasant.

### **Birthing (29)**

Thirty-seven of 64 pregnant women, who were offered free reflexology, completed the set course of ten treatments. The effects of reflexology on labor outcomes were perceived as outstanding. Some had labor times of only 2 hours, some 3 hours. The 20 - 25 year olds had an aver-

age time of First stage labor of 5 or 6 hours. The 26 - 30 year olds seemed to have the longest labors. In total, the average first stage was 5 hours, second stage 16 minutes, and third stage 7 minutes. This is compared to textbook figures of 16 to 24 hours' first stage, and, 1 to 2 hour's second stage.

### **Birthing (31)**

“90% of 68 women had a positive effect of reflexology as a pain killer during delivery. 11 out of 14 with retention of the placenta avoided operation.”

### **Cancer (alleviation of pain and anxiety) (42)**

Foot reflexology alleviated anxiety and pain for twenty-three patients with breast and lung cancer. Researchers noted a significant decrease in anxiety for patients diagnosed with breast or lung cancer and a significant decrease in pain for patients with breast cancer. “This has important implications for nursing practice as both professionals and lay people can be taught reflexology. Reflexology is a simple technique for human touch which can be performed anywhere, requires no special equipment, is non-invasive and does not interfere with patients’ privacy.”

### **Cancer (patient support) (38)**

“In Switzerland, many new nurses are taught this approach. When applied skillfully, a reflexology massage is pleasantly relaxing and able to diminish