

Can We Use Salt Warm Foot Bath for Chemotherapy Related Fatigue?

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INTRODUCTION

Fatigue is one of the distressing symptom experienced by cancer patients during chemotherapy. Salt warm foot bath is a nice way to relax and relieve fatigue after a long day, which is traditionally used by many people in our country. However, there is no knowledge about its effect on fatigue.

PURPOSE

This experimental study was planned to assess the effect of the salt warm foot bath on chemotherapy related fatigue.

MATERIAL AND METHOD

This research was carried out between November 2017 and May 2018, in Istanbul University Institute of Oncology. 75 chemo-patients who rated fatigue severity on a 0-5 ONS Fatigue Scale equal to or above 3 were randomized into control (n=37) and intervention (n=38) group. All patients received the standard information and a booklet about chemotherapy-related fatigue. Daily 20 minutes' salt warm foot-bath was recommended to the intervention group, for a week. Subjective fatigue perception of patients was assessed daily for a week (Fig 1).

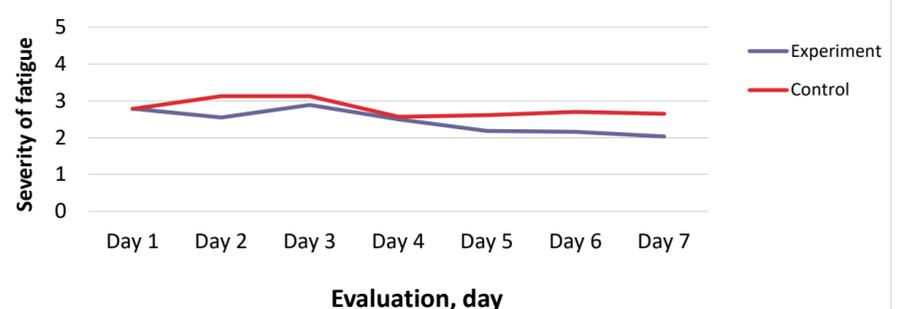
DATA ANALYSES

- Subjective fatigue perception of patients was assessed at the 1st and 7th day of treatment by using Piper Fatigue Scale. Daily fatigue severity was assessed by using 0-5 ONS Fatigue Scale, for a week.
- The data were analyzed by student's t-test, Mann Whitney U test, Friedman test, Wilcoxon test, Chi-squared test, Fisher's exact test and Shapiro Wilk test.

RESULTS

- Most of the patients were married (80%), housewives (52%), had a primary school education (61.3%), and had low level of income (36%).
- The weekly course of fatigue was similar in both groups (Fig 2). However, decrease in the behavioral, affective, sensory, cognitive fatigue scores after a week was statistically significant for the experimental group, but not for control group (Table 1).

Figure 2. Effect of Warm Foot Bath on Level of Fatigue



Patients assessed for eligibility (n=336)

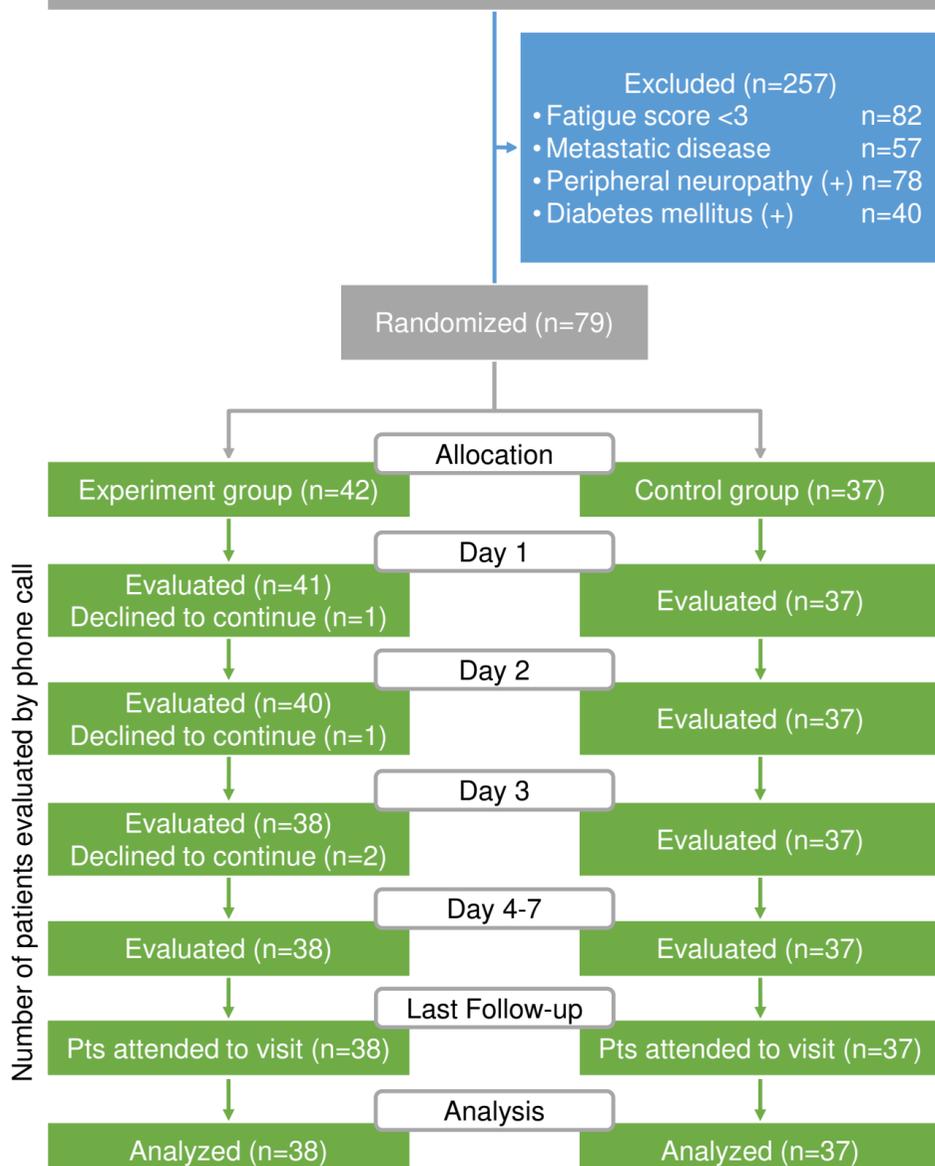


Fig 1. Consort Flow Chart

Piper's Fatigue Scale	Chemo Day	Experiment (n=38)		Control (n=37)		t ¹	p
		\bar{x}	$\pm sd$	\bar{x}	$\pm sd$		
Behavioral /Severity	Day 1	6,07	1,79	5,79	2,04	0,62	0,53
	Day 7	4,96	1,97	5,75	2,16	-1,66	0,10
	t ²	3,11		0,12			
	p	0,004		0,90			
Affective Meaning	Day 1	7,11	1,71	7,24	1,91	-0,33	0,74
	Day 7	6,06	2,42	6,94	2,63	-1,52	0,13
	t ²	2,34		0,78			
	p	0,025		0,44			
Sensory	Day 1	6,37	1,51	6,06	1,91	0,76	0,45
	Day 7	5,12	2,11	6,09	2,11	-1,98	0,051
	t ²	3,51		-0,07			
	p	0,001		0,94			
Cognitive/ Mood	Day 1	5,75	1,83	4,55	1,44	3,15	0,002
	Day 7	5,00	1,90	4,66	1,52	0,85	0,40
	t ²	2,16		-0,45			
	p	0,04		0,65			

¹ Mann Whitney U test, ² Wilcoxon test

CONCLUSION

This study showed that the salt warm foot bath could be effective in reducing the negative effects of fatigue on physical, affective, emotional and cognitive functions. However, well-designed RCTs with longer follow-up are needed to confirm the its effectiveness in management of chemotherapy related fatigue.