Research Article

Effects of Aroma Massage on Home Blood Pressure, Ambulatory Blood Pressure, and Sleep Quality in Middle-Aged Women with Hypertension

Myeong-Sook Ju,1 Sahng Lee,2 Ikyul Bae,3 Myung-Haeng Hur,4 Kayeon Seong,4 and Myeong Soo Lee5

1Eulji University Hospital, Daejeon 302-799, Republic of Korea
2Smart Hospital, Daejeon 302-859, Republic of Korea
3Kunsan College of Nursing, Gunsan 573-719, Republic of Korea
4College of Nursing, Eulji University, 143-5 Yongdudong, Jung-gu, Daejeon 302-832, Republic of Korea
5Medical Research Division, Korea Institute of Oriental Medicine, Daejeon 305-811, Republic of Korea

Received 22 October 2012; Revised 8 December 2012; Accepted 9 December 2012

Abstract

The purpose of this study was to evaluate the effects of aroma massage applied to middle-aged women with hypertension. The research study had a nonequivalent control group, nonsynchronized design to investigate the effect on home blood pressure (BP), ambulatory BP, and sleep. The hypertensive patients were allocated into the aroma massage group (n = 28), the placebo group (n = 28), and the no-treatment control group (n = 27). To evaluate the effects of aroma massage, the experimental group received a massage with essential oils prescribed by an aromatherapist once a week and body cream once a day. The placebo group received a massage using artificial fragrance oil once a week and body cream once a day. BP, pulse rate, sleep conditions, and 24-hour ambulatory BP were monitored before and after the experiment. There was a significant difference in home systolic blood pressure (SBP) (F = 6.71, P = 0.002) between groups after intervention. There was also a significant difference in SBP (F = 13.34, P = 0.001) and diastolic blood pressure (DBP) (F = 8.46, P = 0.005) in the laboratory between aroma massage and placebo groups. In sleep quality, there was a significant difference between groups (F = 6.75, P = 0.002). In conclusion, aroma massage may help improve patient quality of life and maintain health as a nursing intervention in daily life.
ESH Working Group on Blood Pressure Monitoring