ACUPRESSURE: POTENT POINTS FOR HANDS-ON HEALING

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OBJECTIVES

- Demonstrate acupressure techniques for patient care and self-care
- Recognize the importance of regular renewal and self-care

WHAT IS ACUPRESSURE?

- An ancient healing art
- Uses the same points as acupuncture
- Uses the fingers, knuckles, palms, or tools to apply pressure to the body

HOW DOES IT WORK?

- Stimulates the body's natural self-healing abilities
- Releases muscular tension
- Increases circulation of blood and life energy

“Laughter is the best medicine, but your insurance only covers chuckles, snacks, and giggles.”
**MERIDIANs**

- Pathways of energy flow through the body
- Connect with organ systems

**SAFETY CONSIDERATIONS**

- Finger nails
- Skin condition
- Pregnancy

- Not a substitute for medical care

**ACUPRESSURE PROCEDURE**

- Assess for symptoms: nausea, pain, anxiety
- Assess for contraindications: abdomen of pregnant women, patients on anticoagulation
- Educate patient: education sheet on CentraNet
- Apply acupressure
- Reassess and document on Integrative Therapies Flowsheet

**ACUPRESSURE TECHNIQUE**

- 90 degree angle to skin
- Hold 1 to 3 minutes
- Firm, gentle, steady pressure

**COMMON SYMPTOMS**

- Nausea
  - PC-6
  - ST-36
- Pain
  - PC-6
  - LI-4
- Anxiety
  - PC-6
  - HT-7
- Insomnia
  - PC-6
  - HT-7
- Headache
  - LI-4

**UTILIZATION OF INTEGRATIVE THERAPIES IN NURSING PRACTICE**

Nurses are accountable to:

- Ensure patient safety
- Possess knowledge and competence in the technique
- Provide information to patients
- Maintain ethical and quality standards
- Practice within regulations and policies

(Minnesota Board of Nursing, 2010)
**Practice**

**PC-6:**
NAUSEA, VOMITING, ABD PAIN, ANXIETY, INSOMNIA

- Measure three finger widths (patient's) below the inner wrist crease.
- Between the tendons of palmaris longus and flexor carpi radialis.

**LI-4:**
PAIN, HEADACHE, NASAL CONGESTION, FACE

- In the fleshy area between the thumb and first finger, (1st and 2nd metacarpal bones) on the back of the hand.
- Caution: In pregnancy, use only during labor
- It is approximately at the midpoint of the 2nd metacarpal bone.

**ST-36:**
NAUSEA, VOMITING, CONSTIPATION, FATIGUE, KNEE PAIN

- Measure four finger widths (patient's) from bottom of patella, then one finger breadth lateral to the crest of the tibia.

**HT-7:**
INSOMNIA, IRRITABILITY, ANXIETY, HYPERACTIVITY

- At the ulnar side of the inner wrist crease
- Find the depression on the radial side of the tendon flexor carpi ulnaris.

**Questions?**
RESOURCES


