



**EFFECTS OF ACUPRESSURE ON PAIN IN CHRONIC DISEASES:  
A SCOPING REVIEW**

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**ABSTRACT**

Pain is one of them sign the main thing felt by sufferers disease chronic , study handler non- pharmacological pain especially acupressure has Lots carried out, however, review studies are possible used as base thinking intervention This Still limited. Objective from this review is For see effect of acupressure against pain in disease chronic. This review use approach scoping review, with using Pubmed, ScienDirect, Proquest databases with using the keywords “ Acupressure” AND “Pain” AND “Cronic” OR “Cronic diases”. On search the done filtering data with initial filters checklist "free full text", "Publication from 2019-2024", "Randomized Controlled Trial". A review analysis was performed with use approach Arksey and O'Malley theory. The review results show that acupressure has effect positive in reduce and overcome pain in disease chronic, among others reduce painful post operation thoracoscopy and post procedure extracorporeal shock wave lithotripsy (ESWL), then reduce pain in patients cancer , lowering pain in patients coronary angiography , reducing pain in patients hemodialysis , as well reduce pain in patients elderly with osteoarthritis. Study furthermore can do an article review associated with acupressure other methods in overcome symptoms of disease chronic.

Keywords: acupressure; benefits of acupressure; disease chronic; pain

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**INTRODUCTION**

Disease chronic is something draft that disease disease This nature Long term , disease chronicle impact on life daily , and necessary handling sustainable . In 2017 , at least 47% of Australians suffered disease chronic and at least 51% hospitalized stay caused by natural conditions chronic (Dale & Elkins, 2021) . Pravelence disease chronic the whole world is very high and not can maintained by the Most system service existing health in this world (Kiehn & Car, 2019) , (Pangestu et al., 2019) . Collected From Basic Health Research data from the Ministry of Health of the Republic of Indonesia in 2018 , it is known that prevalence a number of disease chronic in Indonesia tends to be experience enhancement since 2013 (Pangestu et al., 2019)

Disease chronic can covers a number of disease delivered that is disease heart , diabetes mellitus , cancer , disease Respiratory chronic , disease kidney chronic , disease autoimmune , disease neurodegenerative , disease heart chronic , chronic mental illness , and disease bones and joints chronic (Chan, 2021) (Duncanson et al., 2021) . Handling disease chronic involve a holistic and sustainable approach For control symptoms , prevention complications , and improve quality life patient . (Sahmar et al., 2018) . Therapy complementary is approach

treatment used together with treatment conventional For improve Health and reduce symptom disease . Therapy This covers use method alternative like acupuncture , acupressure, massage, herbs and others (Chen et al., 2021) (De Paolis et al., 2019) (Akbarnezhad et al., 2019). Acupressure e as treatment carried out by Chinese people , methods involving therapy pressure on points certain parts of the body For stimulate healing and reducing symptom disease . This technique originate from tradition treatment China and is based on the concept that vital energy or "Qi" flows through paths energy called meridians in the body (Chen et al., 2021), (Liu et al., 2021) .

Frequent pain felt by the sufferer disease chronic , including disease kidney , cancer , heart diabetes (Chan, 2021) (Duncanson et al., 2021) (Çevik & Taşcı, 2020) . Pain is perception sensory and emotional ones are not related fun with damage network actual or potential . Auricular Point Acupressure has been proven give subtraction pain in the patient who feels it pain , pain is lost in time One up to two minutes after stimulation point ear or at acupressure points for reduce painful . Subtraction immediate pain from the Auricular Point Acupressure still need explained in a way clear , highlighting gap in understanding moment This about effect the analgesic (Yeh et al., 2023). Study (Lown et al., 2019) state that acupressure therapy added to maintenance normal can reduce red nausea and vomiting in children undergoing transplant cell parent . Study (Gönenç & Terzioğlu, 2020) state that combined acupressure therapy with massage can reduce painful labor . Study similar conducted by researchers on moderately advanced colorectal cancer patients operate chemotherapy obtained results that *acupressure* auricular influential in reduce nausea , vomiting in patients cancer running cholerectal chemotherapy (Shin & Park, 2018) . Pain is one of them sign the main thing felt by sufferers disease chronic , study handler non- pharmacological pain especially acupressure has Lots carried out , however , review studies are possible used as base thinking intervention This Still limited . This article aims to look at the effect of acupressure in reducing pain in patients with chronic diseases

## METHOD

Study This use method *scoping review* . Steps in do *scoping review* according to Arksey and O'Malley as following 1) specify the research question, 2) identify relevant literature, 3) select studies, 4) map out the data, 5) summarize, synthesize, and report the results, and 6) include expert consultation ( Sucharew 2019). On search the done filtering data with initial filters checklist "free full text", "Publication from 2019-2024", "Randomized Controlled Trial" .Then it starts with identification question , for find the effect of acupressure on disease chronic use *PICO framework*. Questions asked in article This is “whether the effect of acupressure on pain in disease chronic ?” PICO format can be used For answer questions clinical like therapy , diagnosis, prognosis, etiology /harm, and prevention . PICO makes it possible For identify , review literature , and appropriate literature with questions given . The PICO Framework Table is as follows following :

Table 1.

PICO Framework

Population	Intervention	Comparison	Outcomes
Patient mature with disease chronic	therapy for pain	-	What The effect of acupressure on pain disease chronic

Then do identification article . In study This is data filtered by the author with use criteria inclusion and exclusion . Criteria inclusion namely : 1. Published articles 2019-2024 , 2. Articles in English 3. Related articles in accordance title that is about *acupressure* to pain in disease chronic , 4. Articles that are complete and can be accessed for free, 5. Research in article related conducted abroad and Indonesia, 6. Research quantitative . In do selection

article via electronic media online from several databases such as : 1. Pubmed , 2. ScienceDirect. 3. Clinical Key Nursing and 4. Proquest in the database keywords are used in “Acupressure” AND “Pain” AND “Chronic” OR “Chronic disease” On search the done filtering data with initial filters checklist "free full text", "Publication from 2019-2024", "Randomized Controlled Trial". Search carried out by the author in range time April-May 2024. Selection results studies can depicted in the PRISMA diagram below This :

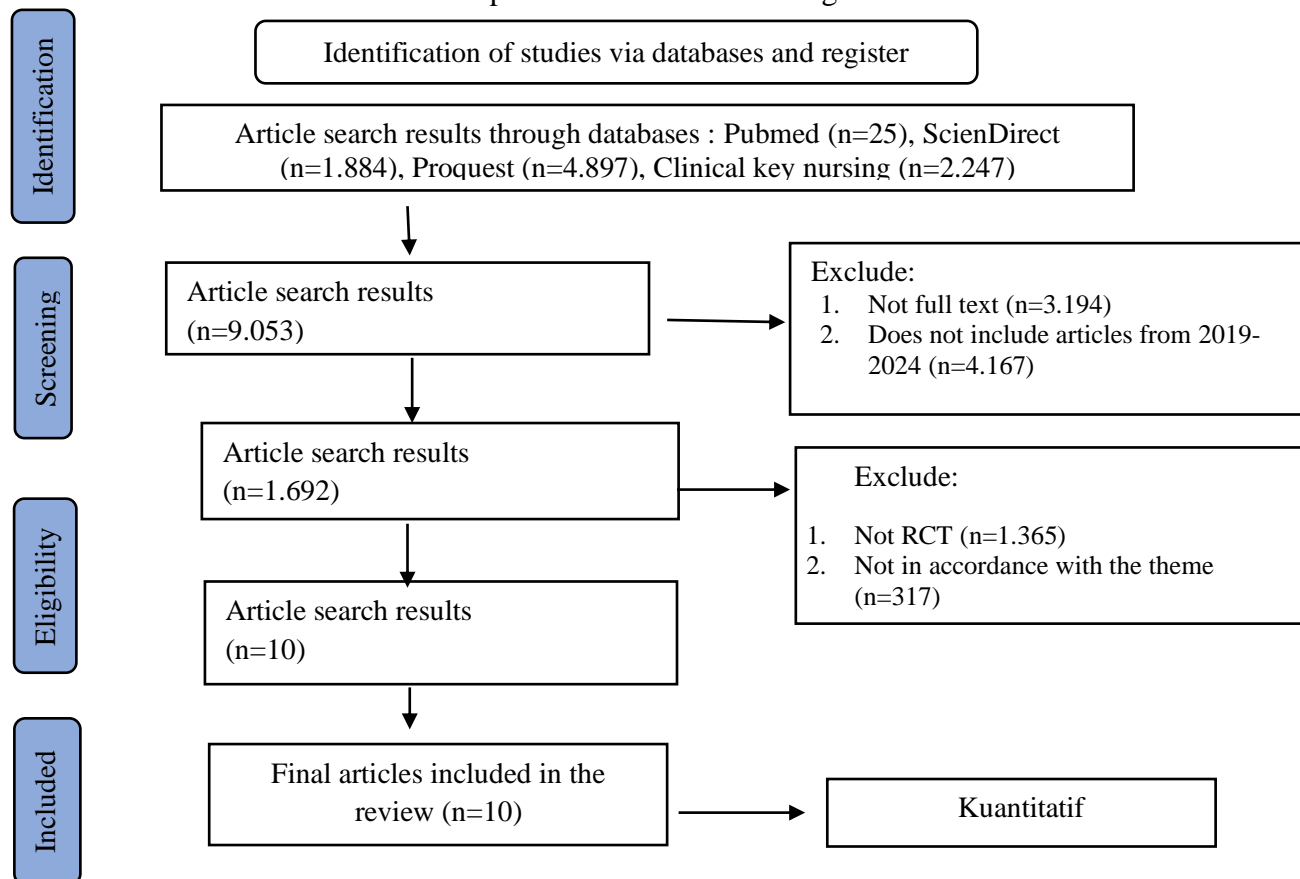


Figure 1. PRISMA FlowChart

## RESULTS

Table 1.  
Article analysis

Author and year	Title	Objective	Research design	Research result
Hsing-Chi Hsu RN, MSc, Hsin-Yuan Fang MD, PhD, Chi-Chung Kuo MD, PhD, Shu-Fen Su RN, Ph, Wen-Miin Liang Ph, Wei-Fen Ma RN, MSN, PhD 2022 (Hsu et al., 2022)	The effectiveness of acupressure for managing postoperative pain in patients with thoracoscopic surgery: A randomized controlled trial	Objective study is For evaluate effectiveness of deep acupressure reduce painful postoperatively in patients who underwent operation thoracoscopy . Study This aim For show that acupressure can become method effective non - pharmacological in management painful postoperatively in	Research design This random control method experiment	Research result show that acupressure is effective in reduce painful postoperatively in patients who underwent operation thoracoscopy .

Author and year	Title	Objective	Research design	Research result
		patients who underwent operation thoracoscopy .		
Barb Van de Castle, DNP, APRN-C NS, OCN, RN-BC, Nada Lukkahatai , PhD, MSN, RN, CNE, FAAN, BSN Lynn Billing, MSN, Xinran Huang, MS, Hulin Wu, PhD, Jingyu Zhang, MS, Salahadin Abdi, MD, PhD, Jun Kameoka, PhD, and Thomas J. Smith, MD 2023 (Van de Castle et al., 2023)	Nurse-Administered Auricular Point Acupressure for Cancer-Related Pain	The article aim For explore prevalence symptom psychology in patients cancer descendants Chinese Americans with painful chronic , as well For evaluate use of acupressure points auricular as therapy complementary For painful related cancer .	Research design article This use studies two-phase feasibility For test effectiveness	Research result show that use of acupressure points auricular (APA) is effective in reduce pain , fatigue , and distraction sleep in the patient cancer
Ali Safdari, Salman Khazaei , Mahdi Biglarkhani , Seyed Habibollah Mousavibahar, and Seyed Reza Borzou 2024 (Safdari et al., 2024)	Effect of acupressure on pain intensity and physiological indices in patients undergoing extracorporeal shock wave lithotripsy: a randomized double-blind sham-controlled clinical trial	Objective study This is For investigate the effect of acupressure on the Qiu point against intensity pain and indicators physiology in patients undergoing extracorporeal shock wave lithotripsy (ESWL).	a randomized double-blind sham controlled clinical trial	Research result show that intensity painful in a way significant changed along time , especially at 20, 30, and 40 minutes after intervention .
Baris Duzel , Tugba Cam Yanik , Canan Kanat and Gulay Altun Ugras 2023 (Düzel et al., 2023)	The effect of acupressure on pain levels and hemodynamic parameters after coronary angiography: a randomized controlled study	Objective from study This is For determine the effect of acupressure on level pain and hemodynamic parameters in patients undergoing angiography coroner .	randomized controlled study	Research result show that acupressure is effective in reduce level pain in patients after undergo angiography coroner
Banu Çevik , Sultan Taşçı 2020 (Çevik & Taşçı, 2020)	The effect of acupressure on upper extremity pain and quality of life in hemodialysis treatment	Objective study This is For determine the effect of acupressure on pain in the extremities top and quality life undergoing patients maintenance	A Randomized Controlled Trial	Acupressure was discovered in a way significant reduce severity pain and increase quality alive in patients This . Studies This highlighting benefit potential the use of acupressure as therapy complementary For

Author and year	Title	Objective	Research design	Research result
	patients : A Randomized Controlled Trial	hemodialysis		management pain in patients hemodialysis .
Seyede Mahtab Fluent , Arezou Karampourian , Mahnaz Khatiban , Mamak Hashemi, Younes Mohammadi 2022 (Fasihi et al., 2022)	The effect of Hugo point acupressure massage on respiratory volume and pain intensity due to deep breathing in patients with chest tube after chest surgery	Objective study in article the is For investigate effect from massage Hugo points to respiratory volume and intensity pain in patients with chest tube after chest surgery as well For evaluate effectiveness massage Hugo's point is deep reduce pain in patients with chest tube .	a randomized crossover clinical trial	Research result show that massage Hugo's point is effective in reduce intensity pain in patients with chest tube after chest surgery , however No own effect significant effect on respiratory volume . By overall , massage Hugo's point is recommended For reduce pain in patients with chest tube .
Won Jin Lee a, Hyojung Park 2023 (Lee & Park, 2023)	Effects of auricular acupressure on sleep and pain in elderly people who have osteoarthritis and live in nursing homes: A randomized, single-blind, placebo-controlled trial	Objective study in article the is For investigate Effects of auricular acupressure on quality sleep and management pain , especially in the elderly with osteoarthritis who live in nursing homes decrepit .	single-blind randomized controlled trial	Research result in article the show that auricular acupressure has effect positive on quality sleep and management pain in the elderly with osteoarthritis who live in nursing homes decrepit . Auricular acupressure is applied to the points press proper reflexology based on proof scientific has proven give benefit in study This .
Selda Kartal Bal, Meral Gun 2024 (Bal & Gun, 2024)	The effects of acupressure on pain, anxiety and vital signs in patients undergoing coronary angiography: A randomized and sham-controlled trial	Objective study in article the is For analyze effect acupressure on pain , anxiety , and vital signs in patients undergoing angiography coroner as well as For explore use acupressure in manage anxiety in patients undergoing various procedure medical like angiography coronary and surgery heart open .	A randomized and sham-controlled trial	Research result in article the show that acupressure own significant effect in reduces pain , anxiety , and vital signs in patients undergoing angiography coroner .
Fariba Ziaei Azarkhavarani , Nahid Rejeh , Mahbobeh Valiani , Reza Kazemi 2024 (Ziaei	Effect of acupressure on pain among older female patients undergoing extracorporeal	Objective study in article the is For investigate effect acupressure to decline intensity pain in patients woman old people who live	A randomized controlled	Research result in article the show that acupressure in a way significant reduce level pain in patients woman elderly who underwent extracorporeal shock wave lithotripsy (ESWL) were

Author and year	Title	Objective	Research design	Research result
Azarkhavarani et al., 2024)	shock wave lithotripsy: A randomized controlled clinical trial	it procedure medical , especially extracorporeal shock wave lithotripsy (ESWL).		compared with group control . Studies This highlighting potency benefit acupressure as non-pharmacological methods in reduce pain and suffering in patients carry on living age procedure medical .
Seyyed Abolfazl Vagharseyyedin , Mojgan Kardan , Hossein Rahimi, Hamidreza Bahrami Taghanaki , Nahid Azdaki 2022 (Vagharseyyedin et al., 2022)	The Effects of Ear Acupressure on Back Pain after Coronary Angiography: A Randomized Controlled Trial	Objective study in article the is For evaluate effectiveness acupressure ear in reduce painful back of the patient after angiography coroner .	A Randomized Controlled Trial	Research result in article the show that acupressure on the ear effective in reduce painful back of the patient after angiography coroner . Receiving patient acupressure ear report intensity more pain low in some point time compared to with group control . However , only at T1 and T2, intensity pain in the group acupressure ear significant more low compared to with group control .

Based on analysis of 10 articles that have been done , got a number of point *acupressure* is performed For overcome or reduce painful between ie points LI4, LI15, LI11, SI9, and GB21, PC6, LI11, HT7, GB40. As for location position from dot, dot, dot the namely : LI4 (He Gu): Located on the back hands , between Mother fingers and fingers forefinger , LI15 (Jian Yu): Located on the shoulder, between shoulder and neck tips , LI11 (Qu Chi): Located outside the elbow, when the elbow is bent , at the point tall from elbow crease , SI9 (Jian Zhen): Located on the shoulder, outside part on bone Shoulder blade , GB21 (Jian Jing): Located on the shoulder, at the top shoulder edge , inside muscle big in the area the (Çevik & Taşçı, 2020) , (Düzel et al., 2023) . PC6 ( Nei Guan): Located on the wrist hand , inside arm , between two tendons in part middle wrist hand (Bal & Gun, 2024) . HT7 (Shen Men) : Located inside wrist hand , near sleeve , in part in wrist hand , next to small finger , Qiu Point (GB40 or Kun Lun): Located in the section outside of legs, behind bone dry , between ankles and knees , this is point frequent *acupressure* used For relieve pain and tension in the legs and hips (Hsu et al., 2022) (Fasihi et al., 2022)

Based on analysis article obtained that overcome painful with use *acupressure* can applied to patients with disease chronic like , patients post-operative thoracoscopy (Hsu et al., 2022) , besides That *acupressure* is also effective done For deal with patients cancer (Van de Castle et al., 2023) , then *acupressure* also solves pain in post *extracorporeal shock wave lithotripsy* (ESWL) patients (Safdari et al., 2024) (Ziaei Azarkhavarani et al., 2024) , in patients with fail kidney *acupressure* is also effective overcome painful patient fail undergoing kidney hemodialysis (Çevik & Taşçı, 2020) , *acupressure* is also effective overcome pain in patients fail post angiography heart (Van de Castle et al., 2023) (Vagharseyyedin et al., 2022) , then in patients elderly *acupressure* effective in overcome painful with osteoarthritis problems (Lee & Park, 2023) , then in patients with problem lungs Chronic *acupressure* chest tubes *are* also effective in overcome painful (Fasihi et al., 2022).

*Acupressure* can done For reduce various level pain , start from light until heavy . Although Possible No in a way direct remove severe pain , therapy This can help relieve discomfort and increase feeling well-being in some people (Van de Castle et al., 2023) (Vagharseyyedin et

al., 2022) . For painful light , techniques *acupressure* simple like push dot, dot, dot specific to the body with gentle can give significant help . However , for painful which are more heavy or chronic , therapy *acupressure* Possible need more approach purposeful , perhaps involve combination *acupressure* points and techniques other (Çevik & Taşcı, 2020) , (Düzel et al., 2023)

## DISCUSSION

### **Point of *acupressure* for overcome painful**

Based on results obtained that point *acupressure* LI4, LI15, LI11, SI9, and GB21, PC6, LI11, HT7, GB40 are effective in overcome pain in disease chronic . Results of this review in line with study previously carried out by (Haryani & Misniarti, 2020) with do *acupressure* can lower pain in patients hypertension with *p value* 0.001 . Research conducted by ( Roza et al., 2019) with give therapy *acupressure* For lower painful head *cephalgia* in a way significant meaning *acupressure* significant can lower painful . On research (Surya et al., 2020) do massage *acupressure* at L14 in the patient's chest pain acute coronary syndrome obtained results that *acupressure* proven capable reduce painful .

### **Group patients who get it *acupressure* For overcome painful**

Patient with disease chronic receiving *acupressure* For overcome painful in the review article This among them namely , the patient cancer , patient fail heart , patient fail running kidneys hemodialysis , patient elderly with osteoarthritis, as well post *extracorporeal shock wave lithotripsy* (ESWL) and post thoracoscopy patients . Study This in line with study previously conducted by ( Ramadhana et al., 2023) that is with *acupressure* massage on patients cancer can overcome pain felt by the patient the . Study further carried out by (Septianingrum et al., 2020) obtained results that massage *acupressure* give benefits in disease chronic hypertension in the group elderly . Study furthermore that is (Komariah et al., 2021) obtained results that effective *acupressure* in overcome various health problems . Study further carried out by (Surya et al., 2020) obtained results that *acupressure* as evidence-based nursing is effective For reduce chest pain in patients syndrome coroner I.

### **Effectiveness *acupressure* to level painful**

In the article review This obtained that level possible pain overcome by *acupressure* ie start from painful light until painful heavy . As for scale pain 0-10 i.e. Scale 0-3: At level painful this , *acupressure* can effective in give help and relief possible inconvenience There is . Scale 4-6: On level painful moderate , *acupressure* Still can give help , though required more approach directed and intensive . Scale 7-10: On level more pain high , *acupressure* Possible give help temporary or Possible need combination with therapy other . Study This in line with that carried out by (Haryani & Misniarti, 2020) which was carried out on patients with painful light until heavy , obtained results that *acupressure* can lower scale painful light and medium. Furthermore research conducted by ( Sholihah et al., 2021) obtained results that *acupressure* effective overcome level pain in patients with painful limbs below the age of 30-20 years .

*Acupressure* can done with easy and effect side minimal and even Can make patient comfortable . Although thereby *acupressure* No can done in part body wounds , swelling , bones cracked or broken and burnt skin (Nurtriyana Muhammad Ivan, 2019) . *Acupressure* can reduce painful Because a number of reason . First increase Endorphins Because endorphins opiates body in a way experience produced by the useful pituitary gland For reduce pain , affect later memory and mood will give feeling relax . Besides That *acupressure* reduce painful with strengthen supply blood and smooth circulation blood . This matter can help repair system nerves and make body more relaxation . *acupressure* also reduces painful

with stimulate dot, dot, dot certain or acupoints on the body , which stimulate ability body For healing self in a way experience . Acupressure therapy is also possible reduce painful with method massage and stimulation of points certain , stimulating ones ability body For healing self in a way experience (Yeh et al., 2023) (Sholihah et al., 2021)

In discussion of this scoping review found that *acupressure* give effect reduce or relieve pain in patients sufferer disease chronic , acupressure is a holistic approach that provides Lots benefits , As for benefits from acupressure for disease chronic delivered that is reduce painful post operation thoracoscopy , then reduce pain in patients cancer , lowering pain in patients coronary angiography , as well reduce pain in patients hemodialysis (Çevik & Taşçı, 2020) (Düzel et al., 2023) (Safdari et al., 2024) (Van de Castle et al., 2023) (Hsu et al., 2022)

A number of disease chronic already overcome symptom recurrence with use *acupressure* , among others that is disease heart , diabetes mellitus , cancer , disease Respiratory chronic , disease kidney chronic , disease autoimmune , disease neurodegenerative , disease heart chronic , chronic mental illness , and disease bones and joints chronic . Acupressure itself is something treatment holistic complementary that involves pressure on points certain parts of the body For stimulate healing and reducing symptom disease (Komariah et al., 2021) .

In study This that therapy complementary *acupressure* can done If patient with disease chronic experience painful . Therapy *acupressure* Can done in a way independently by the patient . Patient can do it If patient considered Already capable do acupressure therapy is good That At home or At home sick at times patient operate maintenance . Therapy *acupressure* Alone easy done or not need lots of costs For do therapy (Komariah et al., 2021), (Indrayanti et al., 2022) . Besides use therapy medical , therapy complementary important given to patients with disease chronic Because with therapy *acupressure* patient will feel comfortable and relaxed with therapy received by the patient the . If the patient feel relax at the moment given therapy so patient will give very strong stimulation in the healing process the disease . Therapy *acupressure* give very positive effect for patient with disease chronic suffering painful (Airhihenbuwa et al., 2021) , (Chan, 2021).

Based on research by Peoples A et al who examined about *acupressure* to patient running chemotherapy chemotherapy , obtained results that *acupressure* can reduce nausea, vomiting in patients moderate cancer operate chemotherapy (Peoples et al., 2019) . In line with Rehman et al's research conducted study about effectiveness and safety of zolpidem and *acupressure* on pruritus in patients ckd obtained results that zolpidem and *acupressure* can as choice treatment For relieve itching in patients ckd (Rehman et al., 2021) . Besides That's what Kim et al's research shows results that therapy *acupressure* can down pain and increase flexibility neck in chronic neck pain patients (Kim & Kim, 2021)

## CONCLUSION

Acupressure can reduce painful postoperatively in patients who underwent operation thoracoscopy. acupressure point auricular (APA) is effective in reduce pain, fatigue, and distraction sleep in the patient cancer . After acupressure is done, there is intensity changing pain significant at 20, 30, and 40 minutes after intervention. Acupressure effective in reduce level pain in patients after undergo coronary angiography. Acupressure also reduce severity pain and increase quality alive in patients hemodialysis treatmen. This article can answer objective research, ie What effect acupressure to pain in patients disease chronic. Therapy acupressure can carried out by nurses as independent intervention in the room take care

inpatient care patient with disease chronic. Besides That Patients can too do acupressure Alone At home If patient Already trained and capable do massage acupressure.

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