

EFFECTIVENESS OF PROGRESSIVE MUSCLE RELAXATION TECHNIQUE IN REDUCING THE LEVELS OF ANXIETY, NAUSEA AND VOMITING FOR CANCER PATIENTS RECEIVING CHEMOTHERAPY

SEMMALAR¹ & SATHIYA LATHA SARATHI²

¹Department of Medical and Surgical Nursing, India

²Vice Principal & HOD Department of OBG Nursing, India

ABSTRACT

Cancer is a life threatening health problem in India and World wide. Thou cancer is curable in early stages, owing to late diagnosis and inappropriate management, cancer cases increase the high mortality rate. Even though, Chemotherapy is one of the best treatment for cancer, it gives many side effects and discomforts for patients who receives chemotherapy. Hence the Investigator done the study on reducing the levels of anxiety, nausea and vomiting by administering progressive muscle relaxation techniques.

KEYWORDS: Cancer, Chemotherapy Progressive Muscle Relaxation Technique, Anxiety, Nausea, Vomiting