

EFFECTIVENESS OF GUIDED IMAGERY THERAPY ON FATIGUE AMONG PATIENT RECEIVING CHEMOTHERAPY AT SELECTED HOSPITAL, CHENNAI

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ABSTRACT

Chemotherapy is a cancer treatment helps to kill the dividing cells. Guided Imagery refers to invoke to one or more of senses through visualization and guiding the individual power of mind in the form mental representative of objects, places or situation. Pre - experimental study was carried out to assess the Guided Imagery Therapy (GIT) on fatigue among patient receiving chemotherapy at Dr. Kamatchi Memorial hospital in the year 2013. The study design was Pre test post test design. Purposive sampling was used to selecting the study subjects. The sample comprised of 30 samples between the age group of 31 to 60 years the tool used for the study were demographic proforma and Fatigue Severity Scale. The study result showed that the mean post-test Fatigue scores (51.53) was apparently higher than the mean pre-test depression score (25.73). The pre-test Fatigue score rocked to 43.3% for the moderate level of fatigue while the post-test fatigue score reached an all-time high of 63.3% for the mild level of fatigue. There was a significant difference between pre-test fatigue score and the post-test fatigue scores ($t= 23.70, p < 0.001$). The pre-test fatigue score was independent of all the demographic variables such as age, gender, religion, marital status, years of presence of cancer. The findings of the study show that the intervention programme was effective in reducing the fatigue among cancer patients.

KEYWORDS: COPD, Fatigue, Guided Imagery Therapy

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