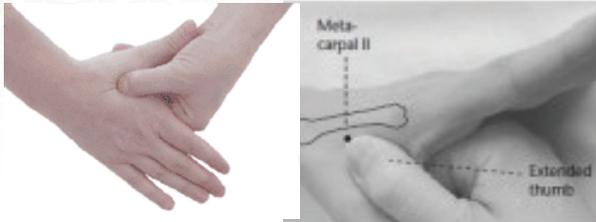


Acupressure for constipation – L14

(This is a forbidden point in pregnancy).



Point location: between thumb and index finger.

Direction: apply firm circular pressure.

Acupressure for anxiety - Yintang



Point location: with the tip of your thumb or index finger, midway between the medial ends of the eyebrows, and feel a small dip.

Direction: apply gentle strokes of pressure in upward direction.

For further enquiries and references please contact:

Joanna Graham Physiotherapist / Acupuncturist at
jo.graham@marypotter.org.nz



*Our namesake
The Venerable Mary Potter*

For further information, or to make a donation,
please see our website:

www.marypotter.org.nz

Wellington:

48–52 Mein Street, Newtown
PO Box 7442, Wellington 6242
P 04 801 0006 | F 04 389 5035
E mph@marypotter.org.nz

North Wellington/Porirua:

1a Prosser Street, PO Box 50089, Porirua 5240
P 04 237 7563 | F 04 237 0864
E porirua@marypotter.org.nz

Kāpiti Coast:

36 Warrimoo Street,
PO Box 460, Paraparaumu 5254
P 04 296 1283 | F 04 298 3970
E kapiti@marypotter.org.nz

Acupressure in palliative care

What is acupressure?

- acupressure is direct finger pressure applied to specific acupressure points on the body
- it may be used for symptomatic relief
- it can be taught to staff, patients and families.

Acupressure technique

- when applying acupressure, ensure a calm mental attitude
- points used are bilateral and are the same as acupuncture points
- an anatomical location is given for each point.

How to find acupressure points

Use the pad of the index finger or use the middle finger to support the index finger:

- palpate around the area, often acupressure points may be more sensitive to touch
- massage the point in a circular motion
- apply a moderate to firm pressure i.e. a 'comfortable' pain level
- increase the pressure used, once the initial tender sensation begins to subside.

Acupressure duration

- pressure 30 seconds to 5-10 minutes per point
- this may be repeated a number of times during the day.

It must be stopped if it is painful for the patient

Precautions

Acupressure is a safe technique. However, there are some precautions. Acupressure should **not** be applied to the following:

- open wounds or where there is swelling and inflammation
- **avoid**: areas of scar tissue, blisters, boils, rashes, or varicose veins
- there are some acupressure points that are forbidden to use during pregnancy.

Symptom management

The pressure points used in this brochure are the World Health Organization Standard Acupuncture Point Locations.

Acupressure for nausea – PC6

(Used for mild feelings of nausea through to vomiting).

Point location: on the interior side of the forearm, lying directly between the two tendons, three of the persons' finger-widths above the wrist crease.

Direction: apply gentle circular pressure.

Note: sea bands, purchased from a chemist, may be used for a longer lasting effect.



Acupressure for nausea – ST44



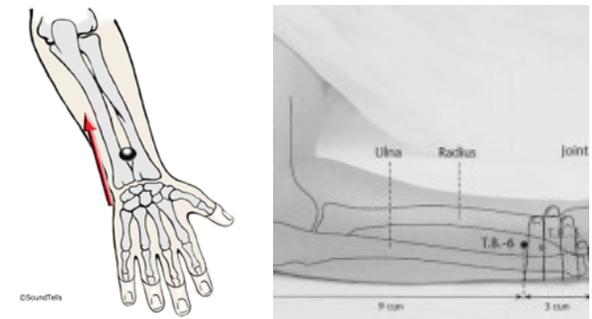
Useful for nausea in the epigastric area.

Point location: between the second and third toes, proximal to the web margin.

Direction: apply firm pressure downwards towards the sole of the foot.

Acupressure for constipation – TE6

Point location: on the back of the forearm, in



the depression between the ulna and radius, four finger-widths' above the wrist crease.

Direction: apply firm circular pressure.