Effect of Foot Reflexology on Laboratory Tests After Kidney Transplantation Surgery: A Secondary Analysis of Parallel Randomized Controlled Trial Study

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The researchers in this study aimed to investigate the effect of foot reflexology on laboratory parameters, intake / output / weight and medication regimen after kidney transplant surgery. The research was a secondary analysis of a parallel randomized controlled trial. The research included patients who were admitted to the transplantation ward. The stratified randomization approach was used to divide 53 eligible patients into two groups: foot reflexology (n=26) and control (n=27). Finally, 25 participants from each group completed the study. The intervention group was provided with 30 minutes of foot reflexology once a day for three days while the control group received no reflexology. The intervention began on the second day following surgery. Initially, the demographic information questionnaire was completed by using the patient medical record and, if necessary, by asking the patient. In addition, information about laboratory tests and intake, output and weight was extracted from patients' records before, immediately and one week after the intervention. Before the kidney transplantation surgery and during the intervention, the laboratory tests of the two groups of foot reflexology and control were similar. During the intervention, no significant differences in intake, output, and weight values were found between the two groups of foot reflexology and control ($P > 0.05$). The results of the present study showed that foot reflexology had no particular effects on laboratory tests, intake / output, weight and diet of patients after kidney transplantation. Further studies are needed to achieve more accurate results in this area.

***Keywords*:** *Foot Reflexology; Kidney Transplantation; Laboratory Tests*