



KEY WORDS

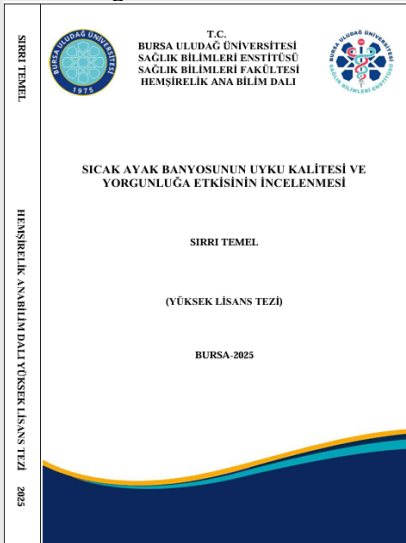
- ✓ Hot Foot Bath
- ✓ Sleep
- ✓ Sleep Quality
- ✓ Fatigue
- ✓ Nursing

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INVESTIGATION of THE EFFECT of HOT FOOT BATH ON SLEEP QUALITY AND FATIGUE

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THESIS ABSTRACT

The aim of this study is to examine the effect of hot foot bath applied to hospitalized individuals on the sleep quality and fatigue severity level of the patients. The study was planned in a randomized controlled and experimental design. The sample of the study consisted of a total of 60 adult patients, 30 in the experimental group and 30 in the control group, who were receiving inpatient treatment at Bursa Uludağ University Medical Faculty Hospital Gastroenterology Clinic. As a result of the statistical analysis performed on the comparison of the sleep quality and fatigue severity score of this study; it was concluded that the sleep quality of the patients increased and the fatigue severity decreased after the hot foot bath given for 3 consecutive days.

APPLICATION AREAS OF THE THESIS RESULTS

In this direction, hot foot bath can be used as a safe non pharmacological application by nurses in the clinic to increase the sleep quality of the patients and reduce the fatigue severity.

ACADEMIC ACTIVITIES

1. Temel, S., & Yılmaz, D. (2024). Basınç Yaralanmalarının Önlenmesi ve Tedavisinde Güncel Yaklaşımlar. İstanbul Beykent 4. Uluslararası Sağlık Bilimleri Araştırma Günleri Kongresi, Sözlü Bildiri, İstanbul, Türkiye, 22 Şubat 2024. (Uluslararası kongre bildirisi).
2. Yılmaz, D., Temel, S., & Uzelli, D. (2024). Cerrahi Kliniklerde Çalışan Hemşirelerin Hemşirelik Bakımında Etik Tutumu ve Etkileyen Faktörlerin İncelenmesi: Kesitsel Çalışma. Göbeklitepe Sağlık Bilimleri Dergisi, 16 23. <https://doi.org/10.5281/zenodo.14567956> (Diğer uluslararası indekslerde taranan dergide makale).