

Target Area: Fatigue & Low Work Tolerance

<p>Kim, Lee, Jung, Park, Moon et al (2004). <i>Intradermal Acupuncture on Shen-Men and Nei-Kuan Acupoints in Patients with Insomnia After Stroke</i>. The American Journal of Chinese Medicine 32(5):771- 778</p>	<p>PEDro score - 6/10</p>
<p>Method/Results</p> <p>Design: Y Study type: RCT. Y Population: n=30 stroke patients with persistent insomnia of more than 3 days in a row. Y Groups: 1. Real acupuncture group (n=15, 53% male, M=65.1 ± 9.0 years). 2. Sham acupuncture group (n=15, 60% male, M=68.3 ± 10.4 years). Y Setting: Inpatient (Stroke Center).</p> <p>Primary outcome measure/s: Measures of sleep quality, morning sleepiness, ability to concentrate or function during the day, well being or quality of life: Y Morning Questionnaire (MQ). Y Insomnia Severity index (ISI). Y Athens Insomnia Scale (AIS).</p> <p>Secondary outcome measure/s: Y None.</p> <p>Result: Compared with the sham group, the real acupuncture group showed greater improvement across the three primary outcome measures. Real acupuncture participants reported improved sleep quality, greater ability to concentrate and less morning sleepiness compared with the sham participants.</p>	<p>Rehabilitation Program</p> <p>Aim: To reduce post-stroke insomnia using acupuncture.</p> <p>Materials: Dong bang sterile disposable acupuncture needles, skin tape.</p> <p>Treatment plan: Y Duration: 2 days (total contact hours not provided). Y Procedure: 1 session of applying needles (time requirements not specified); 2 review sessions Y Content: - <i>Real acupuncture:</i> intradermal acupuncture treatment with 4 needles inserted on Shen-Men (He-7) and Nei-Kuan (EH-6) in both arms. Each needle is taped on to fix it persistently for 2 days. - <i>Sham group:</i> Needles are laid down on the same points, but do not penetrate the skin.</p>