Aim: The aim of this randomized controlled experimental study was to determine the effect of massage applied to colorectal cancer patients receiving chemotherapy on peripheral neuropathy and quality of life.

Methods: Randomized controlled experimental study. Investigation was carried out between February 2012 - May 2013 with 52 patients meeting study criteria and receiving chemotherapy in Akdeniz University outpatient chemotherapy unit (28 study group, 24 control). Before the investigation, written permission was obtained from patients, institution and ethic committee. In the collection of data, “Patient Identification Form”, “Peripheral Neuropathy Evaluation Form”, “S-LANSS for Neuropathy Pain Diagnosis”, “MD Anderson Symptoms Inventory”, “EORTC QLQ-C30 Life Quality Measurement”, “NIC CTC Version 2.0” forms were used. The experimental group patients were given a series of efforage, petrisage and surface friction types of classical massage on local parts of their body-below, elbow-frontal arm-hand (20 minutes) and below knee-leg (lower part)-foot (20 minutes) two days of treatment of 16 times.

Results: It was established that in patients undergoing massage, neuropathy symptoms were less severe (p < 0.05), and at the end of follow up (the 9th measurement) and neuropathic pain (0.008), grade 2 and grade 3 peripheral neuropathy occurred less frequently. (p = 0.006). It was also determined that severity of symptoms and its effect on the life of the individual was low (p < 0.05), and physical p < 0.001), emotional (p < 0.001), hobbies and interests (p < 0.001) and social function scores (p = 0.008) in the Life Quality Measurement scale was higher.

Conclusions: The results of the study indicate that massage is effective in relieving peripheral neuropathy symptoms and increasing quality of life. Therefore, massage may be recommended among nursing in reducing the symptoms of peripheral neuropathy.

Disclosure: All authors have declared no conflicts of interest.