

## Abstract

Research Title : First Aid with Thai Traditional Medicine: Self Resuscitation with Both Hands in Geriatrics Comparison of Vital Signs

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Year : 2015

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The elderly is cardiac arrest or breath- less,It is easy, fast and much more by increasing age. No received first aid, brain is deprived of oxygen and destroyed, cause of death and revived no normally again. Aim: To study the comparison of vital signs in geriatrics, before and after vital signs stimulation with both hands in Thai Traditional Medicine. Quasi- experimental research used the elderly 37 samples, assessment of vital signs, Paired-Sample t-test, the press time 5 second and 10 second. Benefits apply to Self Resuscitation First Aid with Both Hands in Thai Traditional Medicine in Geriatrics. Results: The most seniors were 60-70 years old in the age range (51.3%), mean 70.81 years old. Overview data correlated in the same direction and moderate level a statistically significant ( $p<0.01$ ). Ten seconds press found overview vital signs, systolic blood pressure and respiration rate, which showed a statistically significant differ- rence ( $p<0.05$ ) and the higher than before experiment. Conclusions: Fifth Inner Leg Signal Reflexology, ten seconds press, have a stimulating effect on vital signs as a whole, systolic blood pressure and respiration rate. The after vital signs value was higher than before the experiment, a statistically significant level 0.05.

**Keywords :** Geriatrics Self-Resuscitation Thai-Traditional-Medicine Comparison Vital Signs