A Study on the usage experiences of alternative therapies for tennis elbow patients in Korea

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Abstract. This study aims to reveal the experiences of tennis elbow patients’ uses of alternative therapies through a study of their experience. This study used an inductive descriptive research method, which tries to reveal experiences through analysis of description of human experiences as a qualitative research method. Information providers were a total of five patients, who visited an Oriental Medicine Hospital to receive alternative therapies through surgical and non-surgical treatments, complaining of decrease in muscle strength, muscle contracture and abnormal stress on the elbow joint due to tennis elbow among those who play tennis as a hobby. The data were collected from June 2014 through to October 2014 for 6 months. The number of the concepts finally drawn through a data analysis were 31 out of 102, and 11 sub-categories and 8 upper categories were drawn. This study will understand the experiences of tennis elbow and the results of the study will be used as the basic data for the development of independent nursing interventions using alternative therapies in Korean culture. This study suggests the application of the results as Korean nursing interventions studied with various methods to understand the patients, including the areas of public health and nursing for family and community in the future.

Keywords: tennis elbow patients, alternative therapy, nursing intervention

1 Introduction

At the present point of time when the earnest advancement into public leisure society is accelerated with the improvement of the standard of living and extended execution of a weekly forty-hour system, the public, with an increase in leisure time, will pursue a quality leisure environment with cultural, aesthetic and functional dimensions and social development (Kim, Ji-yeon et al., 2011).

Tennis elbow was first found and named in tennis players, and also called lateral epicondylitis. 50% of tennis players experience tennis elbow (Kamien, 1990), and it is a lesion occurring due to excessive stress on the muscles that stretch the wrist joint, which frequently occurs in tennis players who use heavy rackets, when
excessive force is continuously added to the muscles around the elbow joint (Min, Kyoung-ok et al., 1995). 
90% of cases of tennis elbow treatment can be improved by non-surgical treatments (Seok, Se-il et al., 1993), and the treatment methods include a variety of methods (Arpit Jariwala et al. 2012), such as resting, fixation, medication, extracorporeal shock wave (Coleman, 2010; Seil, 2006), taping (Kim, Cheol-young, 2005), massage (Blanchette & Normand, 2011) and chiropractic treatment (Rebecca Jones, 2014). Nursing till now has depended on the nursing interventions developed in western countries, so it is necessary to have professional knowledge, an understanding of present new Korean nursing theory and seek direction for the advancement of nursing in the future based on this. In addition, at a time in which the originality of nursing in Korea should be developing and advancing, nurses are getting ready for the near future in which the influx of medical institutions from foreign countries will approach as a reality in South Korea, too, this can be a breakthrough to introduce for introducing alternative therapies in Korean culture, which have been neglected until now, as independent nursing interventions.

Thus, this study investigates and compares the aspects of uses of alternative therapies with tennis elbow patients who visited an oriental medicine hospital and attempts to check the applicability of alternative therapies as Korean nursing interventions.

2. Method

2.1 Research Design

This study aims to understand tennis elbow patients’ experiences of various alternative therapies using a qualitative research method. The qualitative research method is a research method that explores the generational, constructive base of a given phenomenon, which is based on the philosophical methodology that explores the operation of awareness of the experiences of the subject of awareness.

This study is an inductive descriptive study, which attempts to reveal experiences through analysis of description of human experiences. In this process, advice was provided from two professors of nursing, one professor of psychology and one professor of humanities.

2.2 Subjects

Participants in this study were five patients, who visited an Oriental Medicine Hospital to receive alternative therapies through surgical and non-surgical treatments, complaining of decrease in muscle strength, muscle contracture and abnormal stress on the elbow joint due to tennis elbow among those who play tennis as a hobby.
2.3 Questions for Data

1. What do the experiences of alternative therapies mean for the treatment of tennis elbow?
2. What is the most difficult thing about the alternative therapies used to treat tennis elbow?

2.4 Data Collection and Analysis

The period of data collection was from June 2014 through to October 2014, about 6 months, and the time of interviews with the participants was 2 to 4 hours each session, a total of 10 times. The interviews were conducted until the data reached the theoreticalsaturation regarding the tennis elbow patients’ feeling and thoughts of the experiences of alternative therapies.

Data analysis was conducted simultaneously with data collection, and the method of analysis using grounded theory proposed by Strass & Cobin (1998) was applied.

3 Result

The number of concepts drawn through an analysis of the grounded data from the building process of grounded theory of the experiences of the tennis elbow patients’ uses of alternative therapies to the stage of open coding was 31, and by integrating these concepts, 11 sub-categories and by abstracting these sub-categories further, 8 upper categories were drawn.

The experiences of uses of alternative therapies due to tennis elbow are processes of open coding in the building process of grounded theory through axial coding to the recombination of data. By verifying the relationship between the sub-categories by contrasting them to the data according to properties and dimensions, making a combined custom between the categories can explain the phenomena through the linkage between them. A paradigm model of this study was developed.

4 Conclusion

To sum up the above results, this study collected data through first, second and in-depth interviews and an additional interview by phone with a total of five participants in order to reveal the experiences of the tennis elbow patients’ uses of alternative therapies.

As a result of the data analysis using the method of Strass & Cobin (1998), the causal condition of the experiences of Korean tennis elbow patients’ uses of alternative therapies turned out to be ‘a sense of loss’ and the central phenomenon was ‘desperation.’ Also, ‘tendency’ and ‘the number of times of expression’ were drawn as contextual conditions affecting these central phenomena.
In addition, the situation of mediation affecting action/interactive strategy turned out to be ‘support group,’ strategies were ‘active response’ and ‘passive acceptance’ and the result turned out to go through a stage of ‘overcoming’ through self-adaptation. Like above, the experiences of Korean tennis elbow patients’ uses of alternative therapies expressed the path to the situation presenting the whole process from the occurrence of a series of the central phenomenon to its destruction visually to be seen at a glance as ‘a process of therapeutic nomad’ developing with the passage of time.

References

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