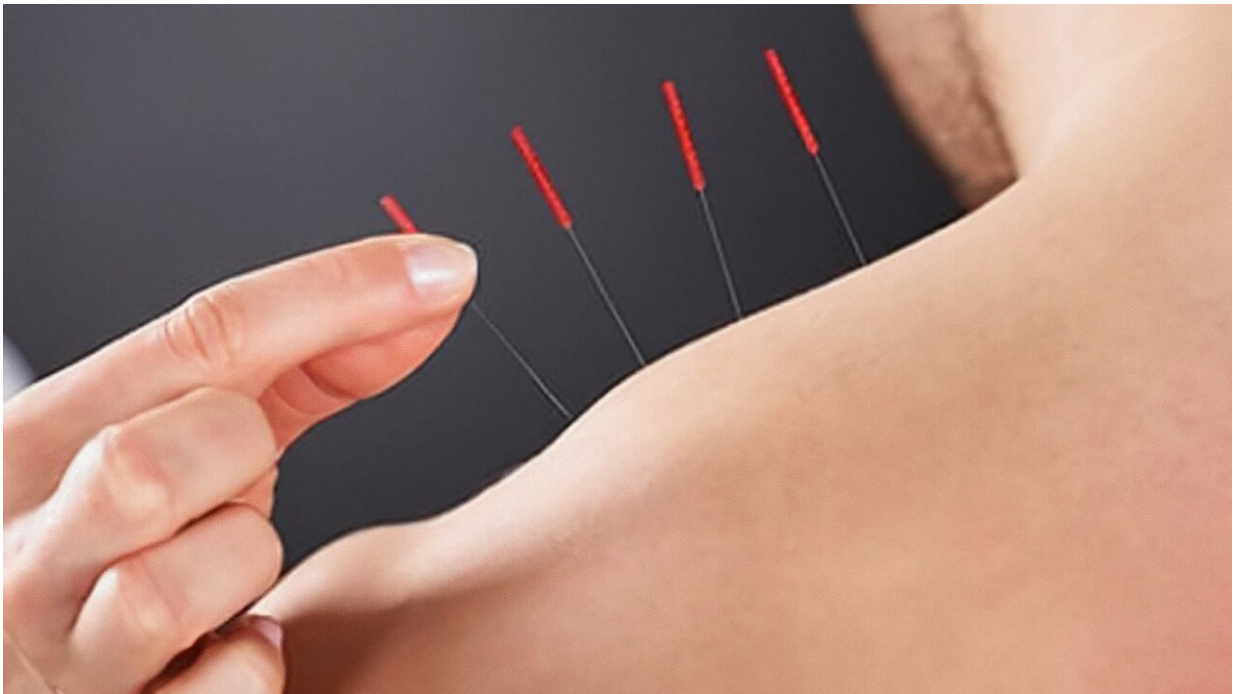


# Acupuncture aids outcomes after heart valve surgery

October 27 2023, by Lori Solomon

---



Acupuncture after heart valve surgery is feasible and safe and has clinical benefit, according to a study recently published in *JTCVS Open*.

Kim L. Feingold, Ph.D., from Northwestern University Feinberg School of Medicine in Chicago, and colleagues randomly assigned (1:1) [patients](#) undergoing primary valve surgery via sternotomy to [acupuncture](#) (51

individuals) or standard care (49 individuals). Daily inpatient acupuncture sessions started on postoperative day 1.

The researchers found that an average of 3.8 acupuncture sessions were delivered per patient during a mean hospital stay of 4.6 days. Acupuncture was associated with lower pain, nausea, stress, and anxiety after each session and across admission versus standard care.

Additionally, acupuncture was associated with a lower incidence of postoperative atrial fibrillation (acupuncture, 13.7 percent; standard care, 32.7 percent), fewer discharges on amiodarone (acupuncture, 9.8 percent; standard care, 26.5 percent), and fewer hours in the [intensive care unit](#) (acupuncture, 30.3; [standard care](#), 37.0).

"We learned that acupuncture after [open heart surgery](#) is feasible in this fast-paced environment—even in the intensive care unit the day after surgery—and was well tolerated by patients with no adverse effects," Feingold said in a statement. "The majority of patients had no prior history with acupuncture, demonstrating their openness to receive integrative therapies after surgery. Overall, patients reported that it was a pleasant and positive aspect of their cardiovascular surgery recovery."

Several authors disclosed ties to the medical technology industry.

**More information:** Kim L. Feingold et al, Acupuncture after valve surgery is feasible and shows promise in reducing postoperative atrial fibrillation: The ACU-Heart pilot trial, *JTCVS Open* (2023). [DOI: 10.1016/j.xjon.2023.05.010](https://doi.org/10.1016/j.xjon.2023.05.010)

Copyright © 2023 [HealthDay](#). All rights reserved.

Citation: Acupuncture aids outcomes after heart valve surgery (2023, October 27) retrieved 28

April 2024 from

<https://medicalxpress.com/news/2023-10-acupuncture-aids-outcomes-heart-valve.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.