Effect of Health Promotion on Allergic Rhinitis by Infrared-C Ray Irradiation

Protocol ID: B10304016

Created Date: 6th August 2018
Participants:
experimental group: 51 persons; control group: 51 persons

Inclusion criteria:
a. Adults that age 20 above and 50 below
b. Clinical diagnosis confirmed as allergic rhinitis
c. Conscious, no mental or cognitive impairment
d. Able to read, write or communicate in Mandarin, Taiwanese or Hakka, and agreed to participate

Exclude criteria:
a. Inflammatory skin wounds on the back of the shoulder, neck or lower back
b. Polyposis
c. Acute and chronic sinusitis
d. Vasomotor rhinitis
Experiment procedure:

1. Participant recruiting/letter of consent
2. Random grouping: Experimental group: 51 persons; Control group: 51 persons
3. Pre-test
4. Far Infrared intervened 40 minutes/time/day
   Treated regions: eyes and nose region, back region of head, shoulder neck and low back
5. The 4th week (1st post-test)
6. The 12th week (2nd post-test)
7. Statistical Analysis
Experimental scheme:

Control group
N = 51

Experimental group
N = 51

Pre-test
Assessment: 1~6

The 4th week
(1st Post-test)
Assessment: 2, 4

The 12th week
(2nd Post-test)
Assessment: 2~6

Assessment indicators:
1. Basic demography questionnaire
2. Taiwanese Version of the 22-Item Sino-nasal Outcome Test (SNOT-20)
3. WHOQOL-BREF questionnaire
4. Oral medication: type / dose / frequency
5. Ig-E
6. Eosinophil cationic protein (ECP)
Assessment Scale:
1. Basic demography questionnaire
2. Taiwanese Version of the 22-Item Sino-nasal Outcome Test (SNOT-20)
3. WHOQOL-BREF questionnaire (Allergic rhinitis questionnaire scale based on Taiwan's concise version of the World Health Organization Quality of Life Questionnaire)
4. Oral medication: type / dose / frequency /statistic in between

Examine:
5. Ig-E blood examination (pre- and post-test)
6. Eosinophil cationic protein (pre- and post-test)

Method of Statistic:
1. SPSS 18.0
2. The subjects were randomly grouped into experimental group and control group.
3. re-test was carried out before the experiment, 1st post-test was carried out at the 4th week and 2nd post-test was carried out at the 12th week. The data of the Pre- and post-test at the 4th & 12th week for both groups were statistically analyzed.
4. Independent t-test or chi-square test was carried out before the test for participant’s basic information in both groups to examine the difference between the two groups.
5. Descriptive statistical analysis.
6. The data of pre- and post-test for two groups were compared by single-factor or two-factor analysis of variance (ANOVA).