**Session Details**

Session #: 103  
Title: Reflexology in Primary Care - What is the Evidence?  
Speaker: Patricia Cox, DNP, MPH, FNP-BC  
Date: Thursday, October 13  
Time: 10:00-11:15am  
CE Contact Hours: 1.25  
Pharm Hours: 0

**Session Description**

Reflexology is a common complementary and alternative therapy for relief of pain and other measures. The use of reflexology and other modalities are increasingly being used in the areas of midwifery, orthopedics, chronic conditions and palliative care. Nurse Practitioners may find that their patients with chronic pain self-refer for treatment by a reflexologist and extol the benefits. But what is the evidence? Many complementary and alternative modalities lack scientific evidence to support their efficacy and safety. This presentation will describe reflexology and discuss the current evidence available for its use in healthcare.

**Learning Objectives**

Upon completion of this session, the learner will be able to:

1. Define reflexology and review its history  
2. Identify clinical areas where reflexology is being used  
3. Discuss the use, benefits and evidence of reflexology  
4. Explore the use of self- reflexology as a self care measure

**Disclosures**

Conflict of Interest for Presenter:

- The presenter(s) of this session declare no conflict of interest. As faculty/presenter for this activity, presenter attests that they will provide the best available evidence for this content and present information fairly and without bias.