

The effect of foot massage on sleep quality in hemodialysis patients

A Thesis Presented for the Degree of Master of Sciences In Critical Care Nursing

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Abstract

Background: Studies have shown, about 20 to 80 percent of hemodialysis patients have sleep problems that can lead to reduced quality of life; according to high number of hemodialysis patients today, promoting the level of their health issues are deemed important. In regard to this, the purpose of this research was to determine the effect of foot massage on sleeping in hemodialysis patients.

Materials and Method: This experimental clinical trial design, was conducted on 80 hemodialysis patients, admitted to the hemodialysis units, affiliated to Lorestan University of Medical Sciences, Iran (2014). Data gathering was done by Pittsburg questionnaire and Sleep Log, that by using them, the sleep condition of the subjects that by census recruited, was assessed before and after the night of massage therapy. The treatment was Stroke Foot Massage, carried out during dialysis for 10 minutes, three times a week, for four consecutive weeks.

Results: Changes in the Pittsburg questionnaire score indicated that, using foot massage can improve sleep quality of hemodialysis patients and sleep hours increased and generally sleep condition is progressively improving each week than the week before, using Friedman test ($p < 0/001$).

Conclusion: According to the results of this study, foot massage has a favorable impact on sleep quality in hemodialysis patients undergoing hemodialysis and can be applied and trained as a useful method to improve sleep quality of patients in hemodialysis units.

Key words: Massage, sleep disorders, hemodialysis patient, complementary medicine