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## Constipation in patients receiving haemodialysis treatment and reflexology

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Constipation is one of the problems experienced frequently by haemodialysis patients. Constipation seen in haemodialysis patients can lead to the development of different complications such as pain, fecal incontinence, hemorrhoids, abdominal distension and rectal bleeding. Also, it increase cost of the health care, lead to loss of manpower and reduce the quality of life of patients. The practice for constipation treatment in haemodialysis patients is limited. Because, mandatory water restriction is made, high fresh fruit and vegetable with more fiber is restricted due to increased potassium levels in haemodialysis patients. In addition, long-term use of laxatives and enemas can be a risk factor for the development of constipation again. For these reasons, tendency to complementary treatments like reflexology increased nowadays. Reflexology is a method that is based on the belief that the body heal itself. In reflexology pressure will be applied on feet and hands to fix problems related to the body systems, contributed to maintaining homeostasis. Studies determine that reflexology decrease constipation symptoms and laxative use. A study researched reflexology efficiency in stool incontinence and chronic constipation reported that reflexology increase bowel movements. Woodward determine that reflexology reduce laxative use rate by 80%. As a result, reflexology can be used in constipation management. It is needed to study assessed effectiveness of reflexology in constipation experienced in haemodialysis patients.

### Biography

Amine Deniz has completed her Master's degree from Karadeniz Technical University. She is a Research Assistant in Karadeniz Technical University. Her research area is Renal Care, and she had already done some researches and written some papers about intensive care nursing, nursing care in patients with renal symptoms.

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