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### **Impacts of massage therapy during hemodialysis sessions on patients' quality of life and physical fitness: Pilot Study**

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**Background:** The benefit of massage therapy in reducing stress, pain and depression in chronic diseases, however studies have shown the uses of massage therapy in dialysis patient can relieve purities and significantly improve anxiety levels. The Saudi Center for Organ Transplantation (SCOT) highlights approximately 11437 patients on hemodialysis therapy in Saudi Arabia.

**Aim:** To evaluate impact of massage therapy during hemodialysis session on QoL and physical fitness.

**Methods:** The study involved 16 patients with end stage renal disease who were undergoing hemodialysis treatment. They were randomly assigned to either a control group or an experimental group. The control group received only standard care for hemodialysis patients for eight weeks while the experimental group received massage therapy during the same period. Assessments were conducted on the participants both at the beginning of the study and at the end of the eight weeks treatment period. Researchers used the physical fitness scale and KDQoL-SF 36. The scores of the participants at the start of the study were compared to their scores at the end of the study.

**Results:** The pre-post physical fitness practice of intervention sessions' activities among patients in the two groups, the significant differences were in the Chair (seconds), Arm curl (seconds), Chair sit & reach (cm), 8-foot up & go (count) and 2-min step test (count). Regarding to blood pressure and pulse changes, blood flow and session duration among patients in the two groups the systolic blood pressure was decrease and pulse, session duration and blood follow were increased. More interestingly the post KDQoL-SF the sleep pattern was improved with massage therapy and reported patient satisfaction.

**Conclusion:** Based on the findings, researchers of the study reached the conclusion that the massage therapy can effectively benefit on patients' QoL and physical fitness; therefore can be integrated in the standard care given to such patients.

#### **Biography**

Magda Bayoumi is currently working as an Assistant Professor, Head of Nursing Department at Al-Farabi Colleges Riyadh. She has been the Dean College of Medical Applied Sciences, King Khalid University in the Medical & Surgical Departments for 4 years and as a Lecturer in the Faculty of Nursing, King Saud University for 4 years and before to that working in haemo and peritoneal dialysis for seven years. She was awarded with PhD in 2007 from Ain Shams University. She has published more than 10 papers in reputed journals and has been serving as Reviewer of repute. Her main interests are in nursing research, adding to new nursing knowledge for the benefit of patients, families and communities; this encompasses all aspects of health including promotion and prevention.

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