IMPACT OF MASSAGE TREATMENT ON EXHAUSTION IN CHRONIC KIDNEY DISEASE PATIENTS RECEIVING HEMODIALYSIS

Manjit Kaur Salwan* | Dr. Porkodi Arjunan**

**Ph.D. scholar, Himalayan University at Itanagar, Arunachal Pradesh, India.*

*** Research Guide, Himalayan University at Itanagar, Arunachal Pradesh, India.*

ABSTRACT:

The study investigates the impact of massage treatment on exhaustion in chronic kidney disease patients undergoing hemodialysis in Punjab. The research aims to discuss the effectiveness of massage therapy in reducing fatigue levels and enhancing well-being in this patient population. By employing targeted massage techniques, the study seeks to provide insights into the potential benefits of complementary therapies for managing fatigue in CKD patients on hemodialysis. The findings from this research can contribute to the development of tailored interventions to support the quality of life of individuals with CKD undergoing hemodialysis.

Key Words: *massage, chronic kidney disease, hemodialysis.*

ABOUT THE AUTHORS:

The Author Mrs. Manjit Kaur Salwan is a researcher with teaching and Nursing Experience. She has attended and organized various National and International conferences and has given extensive lectures.

The Author Dr. Porkodi Arjunan is research supervisor, Himalayan University at Itanagar, Arunachal Pradesh, India. She has many National and International Publications in her name.

INTRODUCTION

The experience of fatigue in individuals with Chronic Kidney Disease (CKD) is a common but often misunderstood symptom. Fatigue, which is nonspecific and not easily visible, is prevalent among those with CKD, particularly in patients undergoing hemodialysis. Understanding the varying levels of fatigue in CKD patients is currently limited to those receiving hemodialysis treatment.

Fatigue can be viewed as a spectrum ranging from tiredness to extreme exhaustion on one end, and vitality and energy on the other. Given the significant impact fatigue can have on hemodialysis patients, it is crucial to gain a deeper understanding of this phenomenon and its implications for their well-being. This study aims to explore the extent of fatigue, the factors influencing it, and the potential effects of massage therapy on fatigue in CKD patients undergoing hemodialysis.

Fatigue can be described as the consequence of excessive energy expenditure, hormonal depletion, or reduced muscle cell function. Various factors such as anemia, infections, poor oxygenation, and other health conditions can deplete energy reserves, leading to persistent physical demands and affective fatigue. Effective energy management is essential for mitigating the impact of fatigue on CKD patients undergoing hemodialysis.

Chronic kidney disease (CKD) patients undergoing hemodialysis often experience significant fatigue, impacting their overall quality of life. Massage therapy has emerged as a promising intervention to alleviate exhaustion and improve well-being in this population. By investigating the effects of massage therapy on fatigue, sleep quality, and relaxation, this research seeks to provide valuable insights into the potential benefits of complementary therapies in managing exhaustion in CKD patients.

In recent years, the use of massage therapy as a complementary treatment for various health conditions has gained recognition. Among the conditions where massage therapy shows promise in chronic kidney disease (CKD) patients undergoing hemodialysis. The impact of massage treatment on exhaustion in this specific patient population is an area of growing interest and research.

Rao & Pereira (2007) The epidemiology of Chronic Kidney Disease (CKD) in India differs significantly from that in the Western countries, with patients being about two decades younger on average. A notable number of patients present with small kidneys, making the etiology of CKD unclear. The impact of lesser-understood risk factors contributing to these epidemiological differences remains uncertain, such as low birth weight and its association with reduced nephron number, variations in Th1/Th2 regulatory lymphocyte balance linked to glomerulonephritis as proposed by the 'Hygiene hypothesis,' and the concept of the 'Asian Indian Phenotype' or 'Thrifty Phenotype' characterized by central/visceral obesity and insulin resistance, which have been insufficiently investigated in this context. Determining the burden of CKD in India poses challenges as recent studies have mainly focused on single-center reports or regional population-based estimates, using varying definitions of CKD. Without nationwide reporting systems or registries, accurately establishing the true incidence and prevalence of CKD in India remains complex.

Venkatachalam et al.(2012) discussed that in the early 20th century, infectious diseases were the leading causes of death, but now cardiovascular diseases, stroke, diabetes, cancer, and accidents are the primary causes of mortality in India, accounting for about two-thirds of all deaths. A significant health challenge facing

India and many other countries is the rising prevalence of Chronic Kidney Disease. As per the National Kidney Foundation (NKF) guidelines, CKD is characterized by kidney damage or Glomerular Filtration Rate (GFR) below 60 ml/min/1.73 m2 for three or more months, with or without evidence of kidney damage, regardless of the underlying cause. Research indicates that hypertension and diabetes are the predominant contributors to kidney disease globally.

Chronic kidney disease is a progressive condition characterized by the gradual loss of kidney function over time. Patients with CKD often experience a range of symptoms, including fatigue and exhaustion, which can significantly affect their quality of life. Hemodialysis, a common treatment for advanced CKD, involves the removal of waste and excess fluids from the blood. However, the process of hemodialysis itself can be physically and emotionally taxing, leading to increased levels of exhaustion in patients.

Massage therapy, with its potential to promote relaxation, reduce stress, and improve circulation, offers a non-pharmacological approach to addressing fatigue in CKD patients undergoing hemodialysis. Studies have shown that massage treatment can help alleviate fatigue, improve sleep quality, and enhance overall well-being in various patient populations. By applying specific massage techniques tailored to the needs of CKD patients, such as gentle strokes and acupressure, therapists can target areas of tension and promote relaxation.

Research focusing on the impact of massage therapy on exhaustion in CKD patients receiving hemodialysis is essential to understand the potential benefits of this intervention. Studies assessing the effects of massage treatment on fatigue levels, sleep patterns, and quality of life in this patient group can provide valuable insights into the role of complementary therapies in managing exhaustion. By incorporating massage therapy into the comprehensive care of CKD patients on hemodialysis, healthcare providers can offer a holistic approach to addressing fatigue and improving patient outcomes.

CONCLUSION

In conclusion, the investigation into the potential of massage therapy as an intervention for exhaustion in chronic kidney disease patients undergoing hemodialysis shows promise. Further research is needed to establish evidence-based guidelines for the use of massage therapy in clinical practice for this population. Recognizing the positive impact of massage treatment on exhaustion in CKD patients on hemodialysis can significantly improve the quality of care and support the well-being of individuals facing this challenging condition.

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