

Effectiveness of Olive Oil Massage on Fatigue among the Patients Undergoing Haemodialysis

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ABSTRACT

AIM: The present study aim is to assess the Effectiveness of olive oil massage on fatigue among the patients undergoing Haemodialysis at SMCH. **METHODS AND MATERIALS:** A Quantitative with experimental one group pre-test post-test was used in present study. A Total 30 samples were collected using convenience sampling technique. The demographic variable Assessment of level of fatigue among patients undergoing haemodialysis, Effectiveness of olive oil massage on level of fatigue among patients undergoing haemodialysis was assessed using structured questioner, followed by that data was gathered and analysed. **RESULTS:** The results the study revealed that there is a significant of Effectiveness of olive oil massage on level of fatigue among patients undergoing haemodialysis at the level of $p < 0.001$. **CONCLUSION:** Thus, the present despites that there is a difference in effectiveness of olive oil massage between the pre-test and post-test which clearly interferes that effectiveness of olive oil massage on fatigue among the patients undergoing haemodialysis was found effective in reducing the fatigue in haemodialysis patients in the post test.

KEYWORDS: Olive oil massage, Fatigue, Haemodialysis

INTRODUCTION

Fatigue skilled with the aid of using sufferers with End Stage Renal Disease (ESRD) present process haemodialysis (HD) is one of the day by day issues of their lifestyles. Although dialysis is a process that saves lives, it cannot update the characteristic of wholesome kidneys. Fatigue related to HD considerably influences the first-rate of lifestyles of those sufferers. HD sufferers be afflicted by low degrees of bodily interest and reduced purposeful capability whilst affected by fashionable muscle weak spot ensuing in a fashionable feeling of fatigue. The importance of fatigue in ESRD is underlined with the aid of using the truth that 94% of sufferers might favour to go through greater dialysis classes if there has been the opportunity to boom.

The occurrence of fatigue in HD sufferers degrees from 60%–97% whilst the extent of fatigue of HD sufferers is one of the maximum amongst persistent sufferers inclusive of most cancers sufferers receiving chemotherapy, depressive sufferers and sufferers with Systemic Lupus Erythematosus. HD sufferers have additionally many similarities to the ones affected by

persistent fatigue syndrome, given that they gift generalized weak spot, reduced workout tolerance and sleep disorders. The idea of fatigue in ESRD is tough to be described. HD sufferers might also additionally specific fatigue in exceptional ways (weak spot, loss of strength, and tiredness. Thirty 3 percent (33%) of HD sufferers pronounced that they sense horrific the primary few hours straight away after HD consultation whilst one in 4 imply excessive to very excessive depth of fatigue after the HD consultation. The purpose of this take a look at became to analyse the degrees of fatigue in addition to the demographic elements affecting fatigue amongst sufferers with End Stage Renal Disease present process haemodialysis.

Fatigue is a not un usual place and frequently unrecognized symptom in sufferers with end-degree renal disease (ESRD) present process preservation dialysis. Various research has pronounced that fatigue influences 60 to as many as 97% of dialysis sufferers. Despite its extensive occurrence with inside the ESRD population, renal vendors are in large part

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ignorant of the presence and severity of this debilitating symptom [6]. Not best does fatigue seriously impair bodily and social functioning, it's been related to decrease first-rate of lifestyles and untimely demise in sufferers on persistent haemodialysis. Fatigue's significance is in addition underscored with the aid of using the outcomes of a cross-sectional take a look at wherein 94% of the sufferers might take delivery of greater common dialysis if it'd boom their strength degree, however best 19% might accomplish that for an boom in survival up to three year.

MATERIALS AND METHODS:

The study used with quantitative research approach and true experimental research design with the purposive sampling technique and who were satisfied with inclusive criteria. The inclusive criteria were the patients who are willing to participate in the study. The patients who can understand Tamil / English. The Haemodialysis patient who are admitted in Saveetha

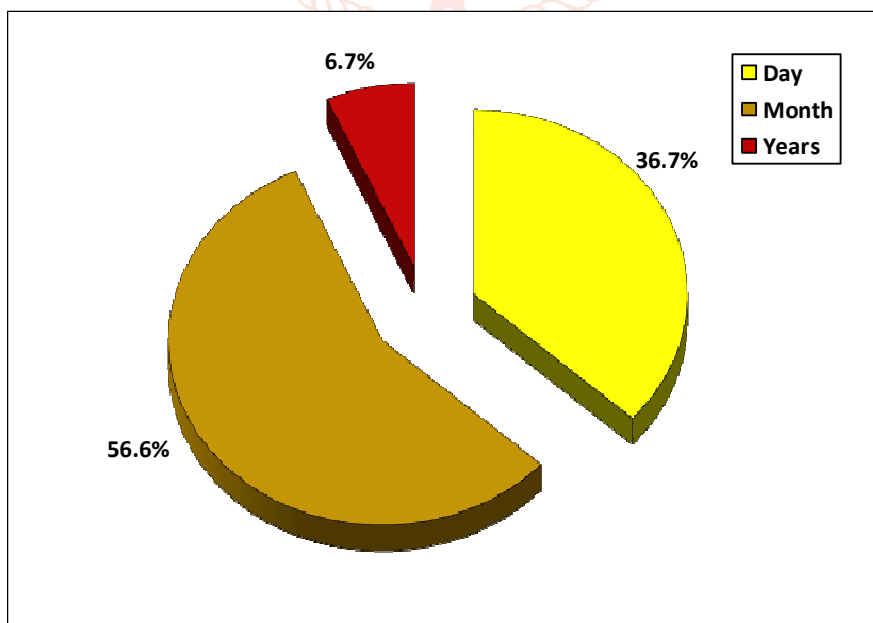
medical college and Hospitals, the patients who are in the age group of 35 and above and the exclusive criteria is the patient who are not experiencing fatigue during haemodialysis, the patients who are uncooperative the patient who do not understand Tamil / English. The data collection was done by prior permission from the hospital authority and ethical clearance was obtained from the institution (SIMATS). The purpose of the study was explained to the samples and written form consent from them. The demographic data were collected using semi structured interview questionnaires' and then in Effectiveness of olive oil massage on level of fatigue among patients undergoing haemodialysis. The data were analysed using descriptive and inferential statistics. The sample characteristics were described using frequency and percentage. Chi square was used to associate the post-test level of fatigue among dialysis patient among selected demographic variables.

RESULTS AND DISCUSSION:

Section A: Description of the demographic variables of patients undergoing haemodialysis.

The table 1 shows that most of the patients undergoing haemodialysis, 14(46.7%) were aged between 51 - 60 years, 20(66.7%) were male, 12(40%) were Christians, 11(36.7%) had primary school education, 12(40%) were self-employee, 16(53.3%) were residing in urban area, 30(100%) were married, 15(50%) had monthly income of 5,000 – 10,000, 19(63.3%) belonged to joint family and 16(53.3%) were vegetarian.

The table 2 shows that most of the patients undergoing haemodialysis, 30(100%) were undergoing haemodialysis, 17(56.6%) were under dialysis treatment for 1 month, 16(53.3%) had no family history of any chronic kidney disease, 15(50%) had history of chronic renal disease, 21(70%) had experienced fatigue, 16(53.4%) had moderate level of daily activity, 17(56.7%) had experienced muscle cramps during the dialysis period and had the habit of both smoking and consuming alcohol, 16(53.3%) had the removal of 1 litre fluid removed during haemodialysis, 13(43.3%) had a pre-dialysis weight of 51 – 60 kg, 18(60%) had followed restricted diet and 17(56.7%) had severe pain.



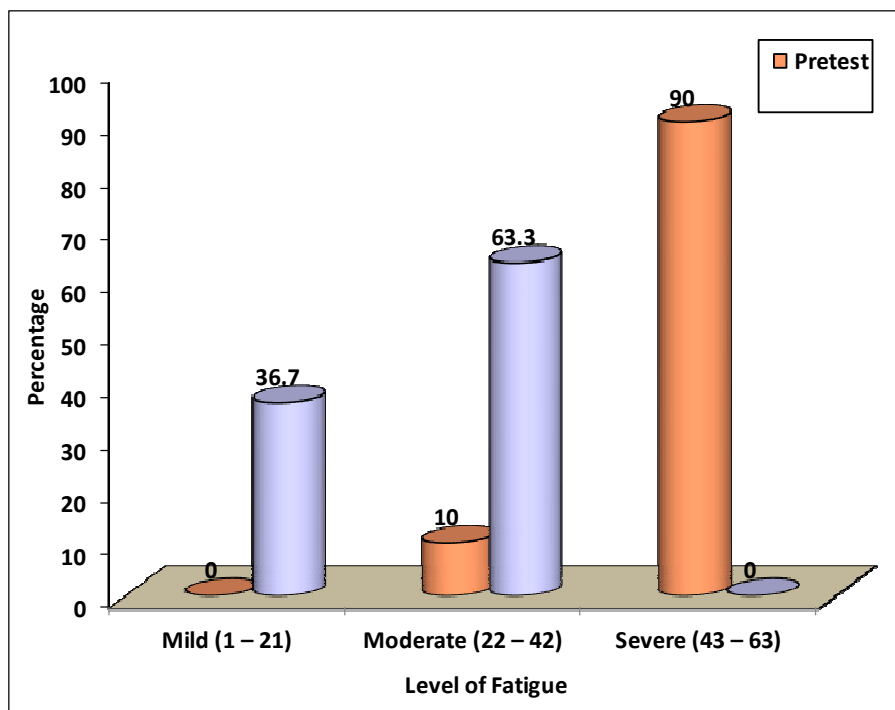
Percentage distribution of what is the time duration of dialysis treatment of patients undergoing haemodialysis

SECTION B: ASSESSMENT OF LEVEL OF FATIGUE AMONG PATIENTS UNDERGOING HEMODIALYSIS.

Table 3: Frequency and percentage distribution of pre-test and post-test level of fatigue among haemodialysis patients.

Level of Fatigue	n = 30			
	Pretest		Post Test	
	F	%	F	%
Mild (1 – 21)	0	0	11	36.7
Moderate (22 – 42)	3	10.0	19	63.3
Severe (43 – 63)	27	90.0	0	0

The above table 3 shows that in the pretest 27(90.9%) had severe fatigue and 3(10%) had moderate level of fatigue whereas in the post test, 19(63.3%) had moderate level of fatigue and 11(36.7%) had mild level of fatigue among patients undergoing hemodialysis.



Percentage distribution of pretest and post test level of fatigue among hemodialysis patients

SECTION C: EFFECTIVENESS OF OLIVE OIL MASSAGE ON LEVEL OF FATIGUE AMONG PATIENTS UNDERGOING HEMODIALYSIS.

Table 4: Comparison of pre-test and post-test level of fatigue among patients undergoing haemodialysis

Fatigue	Mean	S.D	Mean Difference Score	Paired 't' test value
Pretest	55.40	6.13	27.10	t = 14.847 p=0.0001 S***
Post Test	28.30	8.26		

***p<0.001, S – Significant

The table 4 depicts that the pre-test mean score of fatigue was 55.40±6.13 and the post-test mean score was 28.30±8.26. The mean difference score was 27.10. The calculated paired 't' test value of t = 14.847 was found to be statistically significant at p<0.001 level which clearly infers that there was reduction in the level of fatigue after the administration of olive oil massage among patients undergoing haemodialysis.

SECTION D: ASSOCIATION OF LEVEL OF FATIGUE AMONG PATIENTS UNDERGOING HEMODIALYSIS WITH SELECTED DEMOGRAPHIC VARIABLES.

In this present study demographic variable education ($\chi^2=8.517$, $p=0.036$) had shown statistically significant association with post-test level of fatigue among patients undergoing haemodialysis at $p<0.05$ level. The other demographic variables had not shown statistically significant association with post-test level of fatigue among patients undergoing haemodialysis.

CONCLUSION: From the results of present study shows significant improvement for researcher.

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