

عنوان مقاله:

بررسی تاثیر روش آرام سازی عضلانی بنسون بر کیفیت زندگی بیماران همودیالیزی

محل انتشار:

نشریه پرستاری مراقبت ویژه، دوره 8، شماره 1 (سال: 1394)

تعداد صفحات اصل مقاله: 8

نویسندگان:

hossein feyzi

behnam khaledi paveh

fatemeh hadadian

mansoor rezaie

mojtaba ahmadi

خلاصه مقاله:

Aims: End-stage renal disease is a major health challenge worldwide. Patients with this disease need to receive frequent hemodialysis. The disease and hemodialysis both negatively affect patients' quality of life. The aim of this study was to investigate the effects of Benson's relaxation technique on quality of life among patients receiving hemodialysis. **Methods:** A convenience sample of 60 patients receiving hemodialysis in Imam Reza Hospital, Kermanshah, Iran, was recruited to this clinical trial. Initially, patients' quality of life was evaluated by a disease-specific questionnaire. Then, patients were randomly allocated to either the control or the treatment groups. Patients in the treatment group were trained to perform Benson's relaxation technique at their home on a daily basis for 60 consecutive days. Patients in the control group received no relaxation intervention. Immediately after the study, the same questionnaire was used for reevaluating patients' quality of life. The independent-samples t-test was used for data analysis. **Results:** After the study, the mean scores of general and total quality of life were significantly higher than the corresponding pretest readings ($p = 0.001$ and 0.02 , respectively). However, the mean score of specific quality of life did not change significantly after the study ($p=0.2$). **Conclusions:** Benson's relaxation technique has positive effects on quality of life among patients receiving hemodialysis and therefore, it can be used for enhancing patients' quality of life in hemodialysis units.

کلمات کلیدی:

همودیالیز، کیفیت زندگی، آرام سازی عضلانی بنسون

لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/1823557>

