The effect of intradialytic stretching exercise on severity of symptoms of RLS and quality of sleep in hemodialysis patients.

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Abstract
Title: The effect of intradialytic stretching exercise on severity of symptoms of RLS and quality of sleep in hemodialysis patients.

Introduction: Restless legs syndrome (RLS) is a sensorimotor disorder with unknown etiology that is more common in hemodialysis patients. RLS exacerbate sleep disorders in these patients. This disorder always has been treated pharmacological but because of side effects nowadays nonpharmacological methods like exercise is suggested. The purpose of this study was to evaluate the effect of intradialytic stretching exercise on severity of symptoms of RLS and quality of sleep in hemodialysis patients.

Materials and Methods: This was a Clinical Trial study with random sampling method. This study performed on 37 hemodialysis patients who referred to hemodialysis ward of hasheminejad hospital in Tehran. Participants were selected by RLS screening scale and doctor examination and were randomized to either exercise or control groups. Patients in exercise group performed a 30 minutes stretching exercise on legs, three times a week, during the last two hours of every Hemodialysis session for 8 weeks. RLS severity and quality of sleep were assessed by the International Restless Legs Syndrome Study Group (IRLSSG) severity Scale and Pittsburgh Sleep Quality Index (PSIQ) at the beginning of the trial, and at 4, and 8 weeks. Data were analyzed using SPSS16 by Fisher, chi-square and t-test.

Results: At the end of the 8 weeks, the exercise group (n= 17) had a significant improvement in RLS symptoms and quality of sleep compared with the control group (n= 16).(p<0/001),( p=0/003). There was no significant correlation between severity of RLS symptoms and quality of sleep in the end of study.

Discussion: The results of this study showed stretching exercise are effective in reducing RLS symptoms and improving quality of sleep in hemodialysis patients. According to these results, the importance of stretching exercises during dialysis for improvement of health care quality is clear.

Key words: Restless Legs Syndrome, stretching, hemodialysis patients, quality of sleep