Effect of huko point Ice massage on Pain degree during arterio-venous fistula puncture in hemodialysis patients

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Abstract

**Background:** Pain is described as the fifth vital sign, and inadequate pain management is linked to numerous immediate and long-term negative outcomes. Venipuncture is one of the most painful medical procedures and one of the most frequently performed ones. Non-pharmacological interventions can be implemented independently by nurses. The purpose of this study was to evaluate the effect of ice huko point massage on Pain during arterio-venous fistula puncture.

**Intervention:** In a randomized control trial study, ninety (90) patients in hemodialysis wards were randomly assigned to either the huko point ice stimulation (n=30) and two control groups (n=30) who were undergoing hemodialysis by using AVF. We were randomly assigned to experimental and control groups using a randomization table. The experimental group received huko point ice massage on hoku point, the control1 group received massage in wrist massage, and control2 group received huko point massage.

**Outcome:** Pain during arterio-venous fistula puncture was measured with using a subjective pain scale (visual analogue scale): in the first day without intervention. In the second day after 10-minute intervention in 3 groups again pain degree was measured. There were significant differences between the groups in arterio-venous fistula puncture pain scores after interventions (p<0.001).

**Conclusion:** These findings showed that huko point ice massage was effective and safe for decreasing Pain degree during arterio-venous fistula puncture in hemodialysis patients.

**Key Words:** huko point acupressure, relief pain, arteriovenous fistula, hemodialysis