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THE EFFECTS OF ACUPRESSURE ON DEPRESSION IN HEMODIALYSIS PATIENTS: SYSTEMATIC REVIEW

Abstract:

Purpose: This study is systematic review conducted in order to evaluate the acupressure application on hemodialysis patients and its effects on depression.

Method: In this review, Ulakbim, Turkish Medline, PubMed, Ebscohost databases were checked and titles that met the inclusion and exclusion criteria were taken under review (n=80). Repeating studies were identified and deleted (n=14). (n=61) studies that were off-topic were excluded from the review. The studies that were suitable for the purpose of this review were identified (n=4). A non-experimental article was excluded from the review since it didn't meet the inclusion criteria. All of the studies were randomised controlled studies. The studies were conducted in Taiwan and Korea. Medical Subject Headings index was used for English keywords and Turkish translations of English keywords on Türkiye Bilim Terimleri (Turkish Scientific Terms) were used for Turkish keywords.

Findings: The findings of the studies that were included in the systematic review have shown that about 65% of hemodialysis patients had a depressed mood. Their levels of depression have been reported to be between 25-60%. It has been found in these studies that acupressure application decreased the depression level significantly in hemodialysis patients. The study group consisting of hemodialysis patients who were massaged with acupressure had a high psychological well-being, decreased depression level and increased life quality. The average acupressure application duration changed between 12-20 minutes and acupressure was applied three or four times per week. KI1, SP6, ST36, GB34 acupressure application points were used in the studies. The studies didn't report any side effects for acupressure.

Conclusion: As a result of this systematic review, although the number of studies included in the review was limited, it was found that acupressure application had positive effects on depression in patients who received hemodialysis treatment.

Keywords:

Hemodialysis, acupressure, depression

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