Exploring the views of patients and renal nurses towards the design of a yoga program for haemodialysis related fatigue

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Exploiting the perceptions of renal nurses towards the design of a yoga program for fatigue experienced by haemodialysis patients

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Abstract

Haemodialysis-related fatigue is considered a multidimensional symptom impacting patient quality-of-life. Yoga is one of the best known and frequently used mind-body interventions combining physical exercise and meditation. Researchers at Western Sydney University and Royal Brisbane and Women’s...

What is yoga?

Yoga is a mind-body practice originating from India that involves stretching of body and mind. It is one of the oldest and most established systems of health and healing known to man. Yoga practices are rooted in ancient Hinduism, Buddhism, and Jainism, and are based on the belief that all life forms are interconnected.

Yoga involves various practices such as postures, breathing techniques, meditation, and relaxation techniques (MRT).

The National Health Organisation (NHO) has taken the position that yoga is an important, evidence-based and effective intervention for managing chronic pain and fatigue. Yoga can be used as a tool to promote mental and emotional well-being.

Yoga-based exercises are now popular in western culture, particularly in a range of cancer rehabilitation and recovery physical therapy.

The effects of yoga on fatigue

Studies suggest that yoga may benefit fatigue in patients with chronic health conditions including and during radiation therapies, chemotherapy, and surgery. Yoga interventions for fatigue in cancer include relaxation, meditation, and mindfulness, which have been found effective in individuals. A study conducted with a total of 26 patients found that the majority of patients (94%) experienced improvements in fatigue.

Hospital are conducting a feasibility study exploring the effects of practicing intradialytic yoga to improve patient health and wellbeing. Renal nurses are invited to share their perspectives which will be incorporated into the development of a yoga program for haemodialysis-related fatigue. Consultation with nurses will ensure the development of a yoga program that maximizes the feasibility of patients, and do not compromise dialysis treatment.

Rationale

Yoga is a complex and diverse discipline historically developed for medicinal purposes, and numerous studies have found massage therapy to be useful in the treatment of fatigue in cancer patients.
Surveys

Haemodialysis Patients

Renal Nurses
How you can help

Site visits to 4 dialysis facilities in Brisbane Metro North:

1. RBWH
2. Stafford
3. Redcliffe Hospital
4. North Lakes Health Precinct

- **Site visits** - June and July (following Site Specific Approval)
- **Haemodialysis Patients** - surveys (during dialysis)
- **Renal Nurses** – survey and follow up interview
How you can help

Other dialysis facilities in Queensland:

1. Haemodialysis Patients:

Survey Link - https://www.surveymonkey.com/r/GVH92QN

- Please tell your centre based haemodialysis patients about the survey 😊
- Information is available from Kidney Health Australia or contact me

2. Renal Nurses

Survey Link - https://www.surveymonkey.com/r/9FDP993

- Access the survey online or request a postal survey pack
Thank You

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