

Effect of muscles stretching exercises on severity of restless legs syndrome of adult patients undergoing Hemodialysis



**Azza Awad Algendy,
ZeinabFaried Bahgat**

Cairo University, Egypt

Biography

Azza Awad Algendy is the Assistant Professor Medical Surgical & Critical Care Nursing, King Saud Bin Abdul-Aziz University for Health Sciences, KSA. Lecturer of Critical Care & Emergency Nursing, Faculty of Nursing, Cairo University, Egypt. She has more than 20 years of experience in clinical and educational setting both in hospitals and educational institutions. She has attended many national and international conferences, workshops and seminars as presenter and speaker as well. She has membership of editorial board, review committee expert panel of global illuminators research journals and conferences, Participation in King Abdul Allah International Medical Research Centre (KAIMR) in KSAU as a reviewer for research projects.



Abstract

The patients undergoing hemodialysis usually have several complications including restless leg syndrome, which is a neurological disorder characterized by uncomfortable sensation of paraesthesia in legs that subsequently causes involuntary and continuous movement of the lower limbs especially in night which can lead to; sleep disorder, anxiety, fatigue, depression, disturbance of ability to work and social isolation. Moderate exercise may be helpful in relieving restless leg syndrome. The aim of the study is to assess the effect of muscles stretching exercises on severity of restless legs syndrome of adult patients undergoing hemodialysis. A quasi-experimental design was utilized. Sample: 40 convenience adult patients diagnosed with renal failure and undergoing hemodialysis. Settings: Hemodialysis department in the Students Hospital Affiliated to Tanta University and Elmabra Hospital for Health Insurance. Data collection: Structured interview used to elicit data which comprises two tools;

Tool 1: Health assessment tool which include Bio- Socio-demographic characteristics data; Tool 2: International Restless Legs Syndrome Rating Scale (IRLSRS). Data was collected through three phases; Assessment, implementation and evaluation phase through 20 weeks. Results: Indicated improvement of severity of restless leg syndrome symptoms of the study group post comparing to pre muscle stretching exercise. Conclusion: muscles stretching exercise plays an important role in reducing the severity of RLS symptoms of adult patients undergoing hemodialysis. Recommendation: Nurses has to be encouraged to help alleviate the severity of RLS symptoms by training muscle stretching exercises to the patients undergoing hemodialysis.

Publications

The Patients' Lived Experience of Mechanical Ventilation Post Cardiac Surgery, Nursing research and practice, Vol.3, March 2019, DOI:10.4172/2632-251X-C1-003.

Personal Lived Experience of Mechanically Ventilated Patients during the Recovery Period after Open-Heart Surgery at El Manial University Hospital; Alguindy A.A., Mohamed W.Y., Gado A.S., Journal of Biology, Agriculture and Healthcare.2014, Vol.4, No.24,61-79.