

The Effect of massaged at the Hoku Point on the Severity of Pain of Fistula Catheterization in Hemodialysis Patients: A Randomized Clinical Trial

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Abstract

Colon pressure point or Hugo point is a pressure point located on the back of the hand between the thumb and index finger Stimulating this point can reduce pain in any part of the body .This study aimed to investigate the efficacy of massaged at the Hoku point on the severity of the pain of catheterization in hemodialysis patients.In this randomized clinical trial that was conducted in 3 stages. In the first session, intensity of arterial and venous puncture pain, without applying any intervention, was recorded using the numerical rating scale (NRS). In the second and third sessions before catheterization, It was massaged on the Hugo point for 10 minutes and the intensity of pain of arterial and venous fistula was immediately measured. Data analysis was done in (Stata) version 14 (SPSS)version 26.The mean score of pain in the first session (arterial: $8/30 \pm 1/49$, venous: $7/75 \pm 1/77$) was compared with the mean score of pain in the second (arterial: $5/20 \pm 1/64$, venous: $4/75 \pm 1/64$) and third sessions (arterial: $3/00 \pm 1/33$, venous: $3/30 \pm 1/38$). The results of repeated measure analysis of variance showed that the mean score of pain significantly reduced in the second and third sessions compared to the first session ($P < 0.05$).massaged at the Hoku point can be suggested as an effective.

Keywords: Arteriovenous Fistula, Hoku point massage, Hemodialysis, Pain