

## عنوان مقاله:

The Effect of Cool Temperature Dialysate on Sleep Quality in Hemodialysis Patients

## محل انتشار:

مجله علمی پژوهشی دانشگاه علوم پزشکی زنجان، دوره 25، شماره 111 (سال: 1396)

تعداد صفحات اصل مقاله: 11

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## خلاصه مقاله:

**Background and Objective:** Most patients suffering from kidney failure who undergo dialysis for a long time have complaints of sleep disorders. Sleep disorders in these patients accompany some serious complications that reduce quality of life and increase mortality. Nowadays most treatments are pharmaceutical drugs, which have many side effects and aren't cost benefit. The aim of this study was to survey the effect of cool hemodialysis on improving sleep quality in hemodialysis patients. **Materials and Methods:** This was a pre-post test, quasi experimental study that was performed in Semnan Fatemiyeh hospital. ۲۳ patients were purposefully selected. Data collection was performed using demographic questionnaires, patients' medical records and Pittsburgh Sleep Index. Patients underwent standard hemodialysis (۳۷°C) ۳ times weekly, for ۴ weeks, and afterwards they underwent cool hemodialysis (۳۵°C), in the same circumstances and time intervals. Paired t-test and Wilcoxon tests were used for statistical data analysis. **Results:** Results showed that the mean and standard deviation of patient age was  $60.2 \pm 14.6$  years. ۴۷.۸% patients required dialysis due to diabetes, ۱۷.۴% due to hypertension, ۱۳% due to congenital diseases and glomerulonephritis. Sleep quality ( $P < 0.001$ ) in cool hemodialysis was improved significantly in comparison to standard hemodialysis ( $P < 0.05$ ). **Conclusion:** Cool hemodialysis (instead of standard hemodialysis) could improve sleep quality thus improving quality of life in dialysis patients.

## کلمات کلیدی:

Cool Renal Dialysis, Warm Renal Dialysis, Sleep Disorders, Chronic Renal Failure

## لینک ثابت مقاله در پایگاه سیویلیکا:

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