

## 21. Others

### Reference

Ueda N, Maruta T, Uno I. Trial of aromatherapy for dialysis patients – A strategy for discomfort\*. *Yodogawa Christian Byoin Gakujutsu Zasshi (Y.C.H. Medical Bulletin)* 2004; 17–9 (in Japanese). Ichushi Web ID 2005292837

#### 1. Objectives

To evaluate the efficacy of aromatherapy for treating discomfort due to dialysis.

#### 2. Design

Crossover randomized controlled trial (RCT–cross over).

#### 3. Setting

Kidney clinic (Yodogawa Christian Hospital), Japan.

#### 4. Participants

Forty-three patients undergoing dialysis three times per week at a kidney clinic.

#### 5. Intervention

Arm 1: Aromatherapy oil group (7 males, 8 females, mean age 62, dialysis 21 months, n=15).

Arm 2: Olive oil group (8 males, 5 females, mean age 64, dialysis 16 months, n=13).

Arm 3: Control (no treatment) group (no oil; 9 males, 6 females, mean age 65, dialysis 17 months, n=15).

Approximately eight minutes of massage, mainly of the lower limbs, three times per week for one week.

#### 6. Main outcome measures

Questionnaire, 4-point scale discomfort assessment.

#### 7. Main results

(1) Limb itchiness ( $P=0.001$ ), puncture site itchiness ( $P=0.012$ ), and soreness due to restricted movement during dialysis ( $P=0.000$ ) improved in Arm 1 after massage. Lower limb coldness ( $P=0.041$ ) and soreness due to restricted movement during dialysis ( $P=0.002$ ) decreased in Arm 2.

(2) There was no significant change in any measure in Arm 3.

(3) Total score for discomfort in Arm 1 was significantly different ( $P<0.05$ ) after treatment from that in Arm 2 and Arm 3.

#### 8. Conclusions

Aromatherapy oil massage relieves discomfort in dialysis patients.

#### 9. Safety assessment in the article

Not mentioned.

#### 10. Abstractor's comments

Assessment of discomfort in dialysis patients has important clinical implications. There is a need to evaluate the efficacy of aromatherapy massage for relief of discomfort. The trial is commendable for systematically comparing the aromatherapy oil group, the oil group to an olive oil group and control group. However, the authors do not mention whether the same masseur was used, so that point is unclear. The authors need to investigate the influence of communication during massage and the use of aromatherapy oil alone.

#### 11. Abstractor and date

Ogata A, 24 December 2010, 18 March 2011.