

Application of Five-Finger Hypnosis in Patients Experiencing Anxiety Due to CKD on Hemodialysis at RSD Gunung Jati, Cirebon City

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ABSTRACT

Background & Objective: Decreased renal function leads to accumulation of metabolic waste that cannot be excreted, causing toxicity in the body and requiring renal replacement therapy such as hemodialysis. Anxiety experienced by hemodialysis patients can be managed using five-finger hypnosis, which reduces tension, stress, and anxiety. **Method:** This study applied a descriptive method with a case study approach. **Result:** The application of five-finger hypnosis for three days reduced anxiety levels in patients undergoing hemodialysis. **Conclusion:** Five-finger hypnosis is effective for managing anxiety in patients receiving hemodialysis.

Introduction

Chronic kidney disease (CKD) is a condition involving structural or functional abnormalities of the kidneys that persist for more than three months, in which the glomeruli and tubules fail to perform homeostatic functions effectively. This condition impacts the patient's quality of life physically, psychologically, and socially, requiring comprehensive care to adapt to life changes (Orlando et al., 2021).

Hemodialysis is a renal replacement therapy where blood filtration is performed using a machine called a dialyzer (Vadakedath & Kandi, 2017). It is generally conducted one to three times per week depending on the severity of renal damage, with each session lasting 3–5 hours.

The causes of CKD include multiple risk factors such as African American ethnicity, genetic predisposition, polycystic kidney disease, diabetes mellitus, hypertension, hyperkalemia, urinary tract obstruction, chronic infections, and glomerulonephritis. Lifestyle factors such as smoking, obesity, uncontrolled diabetes, and hypertension also contribute significantly. Progression often leads to end-stage renal disease requiring lifelong dialysis. Clinical manifestations depend on the severity of renal damage, comorbidities, and patient age. Accumulation of waste products such as urea, creatinine, phenols, electrolytes, and water leads to uremia, a syndrome with systemic manifestations (Lewis et al., 2017).

Pharmacological management for anxiety in hemodialysis patients often involves analgesics, but these provide only temporary relief. Non-pharmacological alternatives, including progressive relaxation, deep breathing, guided imagery, and five-finger hypnosis, are widely used in nursing practice as complementary therapies to address physical, emotional, and psychological needs (Siregar et al., 2022).

Five-finger hypnosis is an effective non-pharmacological intervention aimed at reducing anxiety, stress, and fear by engaging subconscious suggestions while performing finger movements according to instructions.

Objective

This study aims to analyze the application of five-finger hypnosis in patients experiencing anxiety due to CKD on hemodialysis at RSD Gunung Jati, Cirebon City.

Method

This research used a descriptive case study design within a nursing care framework, including assessment, nursing diagnosis, intervention, implementation, and evaluation.

The subject was a hemodialysis patient experiencing anxiety. Data collection involved nursing care documentation and application of five-finger hypnosis. The study was conducted on January 22, 25, and 28, 2025, in the hemodialysis unit of RSD Gunung Jati, Cirebon.

Results

The subject, Mr. T, aged 27, married, Muslim, was diagnosed with stage 5 CKD on hemodialysis. On January 22, 2025, the assessment revealed that the patient felt fear and anxiety before his first dialysis session, worrying about lifelong treatment.

Physical examination: Patient appeared tense, conscious (GCS E4V5M5), BP 160/90 mmHg, pulse 112 bpm, RR 24/min, temperature 36.7°C. He expressed sadness over his diagnosis and fear of lifelong dialysis.

Nursing diagnosis: Anxiety related to functional crisis, evidenced by patient being new to hemodialysis.

Expected outcomes: Decreased worry, reduced tension, and improved relaxation.

Intervention:

- Observation: Monitor responses to five-finger hypnosis.
- Education: Explain objectives, limitations, and relaxation techniques.
- Encourage comfortable positioning and relaxation.
- Demonstrate and train patient in five-finger hypnosis.

Implementation:

- Day 1: Education, comfortable positioning, practice of five-finger hypnosis. Patient remained tense.
- Day 2: Repeat hypnosis. Patient reported less tension and slight relaxation.
- Day 3: Continued hypnosis. Patient reported no tension and full relaxation.

Evaluation (SOAP):

- Day 1 (Jan 22): S - Patient felt tense; O - tense appearance; A - Anxiety unresolved; P - Continue intervention.
- Day 2 (Jan 25): S - Slightly relaxed; O - less tense; A - Anxiety partially resolved; P - Continue intervention.
- Day 3 (Jan 28): S - Relaxed; O - not tense; A - Anxiety resolved; P - Intervention discontinued.

The nursing problem of anxiety was resolved according to expected outcomes.

Discussion

After developing a nursing plan, the next step is to carry out nursing interventions or implementation. In Mr. T's case, there was no gap between intervention and implementation. All actions were carried out in accordance with the nursing care plan.

Before demonstrating the 5-finger hypnosis relaxation technique, the author provided education about the 5-finger hypnosis technique to the patient and their family to facilitate the demonstration to the patient, so that the patient could understand and the family could assist in performing the 5-finger hypnosis independently to reduce complications in the patient's condition, particularly during hemodialysis. This is supported by the research findings of Manalu et al. (2021).

Based on research aligned with the study conducted by Mimi Amaludin et al. (2024), anxiety arises where there is no object. The emergence of anxiety typically occurs during new experiences or when someone is about to enter a new phase in life. Prolonged or excessive anxiety can lead to physical and psychological symptoms, causing weakness and changes in motivation that may develop. The duration of hemodialysis can be a significant factor in causing anxiety for patients with kidney failure, as the lifelong process of hemodialysis can lead to anxiety for patients with kidney failure (Saragih, 2022).

This aligns with the theory presented in Potter & Perry (2020), which states that increased knowledge among respondents impacts their ability to manage anxiety, as seen before gaining knowledge about the disease and the therapy they are undergoing.

SOAP evaluation can be conducted using the SOAP approach as a reference to determine whether the nursing interventions implemented have been achieved. The nursing diagnosis identified in Mr. T is anxiety. The anxiety has been resolved in accordance with the predefined outcome criteria, thereby addressing the nursing issue.

Conclusion

The application of five-finger hypnosis effectively reduced anxiety in a CKD patient undergoing hemodialysis. The patient's condition improved progressively from tension and fear on the first day to full relaxation by the third day. This case demonstrates that five-finger hypnosis is a beneficial non-pharmacological nursing intervention for managing anxiety in hemodialysis patients.

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