

## **The effect of aromatherapy on fatigue management in patients receiving Hemodialysis treatment: A systematic review of randomized controlled trials**

**Sefika Tugba Yangoz**

Akdeniz University, Turkey

Fatigue is one of the most common problems in patients receiving hemodialysis treatment. Pharmacological and nonpharmacological treatment methods are used in the management of fatigue. Aromatherapy is one of the non-pharmacological treatment methods.

**Aim:** To evaluate the effect of aromatherapy on fatigue management in hemodialysis patients in randomized controlled trials.

**Method:** Systematic searches were conducted in Science Direct, Web of Science, Springer Link, Networked Digital Library of Theses & Dissertations, Ovid, CINAHL, Pubmed, Cochrane Library, Proquest, Council of Higher Education National Thesis Center, ULAKBIM Turkish National Databases for studies published in English and Turkish with “hemodialysis, fatigue, aromatherapy” keywords and 65 articles were reached and the six manuscripts have been included in the systematic review. The review period covered 1992-September 2019. This systematic review was conducted and presented with recommendations from Cochrane guidelines.

**Results:** Aromatherapy was applied by inhalation in the included studies. Lavender, orange or rosemary was used as essential oil on fatigue management in the included studies. The oil was dropped from 2 to 5 drops on cotton ball or gauze bandage or boiled water. The aromatherapy intervention was performed ranged from 2-30 min, 3-30 session and every day or three times a week. The intervention was applied during or before hemodialysis or before the night time sleep at home. The fatigue was evaluated with valid and reliable measurement tools. As a result of four studies, it was stated that there was a statistically significant decrease in fatigue levels of the patients.

**Conclusion:** Aromatherapy may help patients receiving hemodialysis treatment to reduce the severity of fatigue. The findings of this systematic review will contribute to the application of effective aromatherapy by nurses or other health professionals and will provide guidance for the development of studies related to the effect of aromatherapy on fatigue in hemodialysis patients.

### **Biography**

Sefika Tugba Yangoz completed her master degree in the field of Internal Medical Nursing in 2013. She worked as a nurse in an intensive care unit of a state hospital about 5 years. She is currently a PhD candidate at the Health Sciences Institute. Her interesting area is hemodialysis and adherence to treatment in the hemodialysis. Now she has been writing the PhD thesis about hemodialysis and adherence to treatment.

tugbayangoz@gmail.com