

Original Article

## The Effect of Aromatherapy Massage Applied to Facial Area upon Headache Severity among Patients who Suffered from Headache During Hemodialysis

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### Abstract

**Background:** Pain in hemodialysis patients is one of the most commonly seen problems. It is established that 50% of hemodialysis patients mainly undergo headache. The most important characteristic of the headache is that it starts during hemodialysis and ends within 24 hours following hemodialysis. Pain management requires a multidisciplinary approach. This multidisciplinary treatment approach requires use of complementary and alternative treatments. Aromatherapy massages are among the complementary methods and are effective upon the pain control.

**Aim:** The study aims to determine the effect of aromatherapy massage applied to facial area upon headache severity among the patients who suffered from headache during hemodialysis.

**Methodology:** It was a randomized-controlled experimental trial and was undertaken with the hemodialysis patients registered to the Hemodialysis Unit of Kırşehir Research and Training Hospital of Ahi Evran University. The study was completed with 50 patients who met the inclusion criteria; 25 being allocated to the experimental group and 25 to the control group. The data were gathered using a questionnaire form and VAS. During the first interview with the patients before the aromatherapy massage; questionnaire form and VAS were administered to the patients. Then, all of the patients in this group received aromatherapy massage performed by one of the researchers. At the end of the three-week aromatherapy massage performed according to the massage-application protocol; VAS was re-administered to the patients.

**Results:** Aromatherapy massage applied on the facial area during hemodialysis decreased the headache severity considerably and was an easy, economic method without any side effects.

**Conclusions:** It was concluded that aromatherapy massage was a method to be easily used by the nurses for the patients who suffered from headache during hemodialysis.

**Key words:** aromatherapy massage, hemodialysis, headache