

Section: Medical Surgical Nursing

Five-finger hypnosis to reduce anxiety in patient with chronic kidney disease

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Abstract

Chronic kidney disease (CKD) has become a global epidemic, with an estimated prevalence of 14% in the United States and 5-15% worldwide. Many publications report the prevalence of CKD using various sampling methods and kidney function assessments, resulting in a worldwide prevalence of CKD ranging from 10% to 50% (especially in high-risk populations). CKD increases the risk of cardiovascular disease, progression to end-stage renal disease (ESRD), and death. Chronic kidney disease (CKD) has risen to 18th in the world, with more than 2 million people receiving treatment, but only about 10% actually receive treatment. Treatment or therapy often performed by patients with chronic kidney failure is haemodialysis or transplantation. Haemodialysis is one of the therapies widely used by patients with chronic kidney failure. Haemodialysis is a process in which the solute composition of the blood is changed by another solution through a semi-permeable membrane. Anxiety in haemodialysis patients can occur due to the lifelong therapy and the patient's dependence on a machine that is complicated, time-consuming, and relatively expensive. The haemodialysis process in the hospital can cause psychological stress (anxiety) and physical disorders that disrupt the neurological system, such as weakness, vertigo, anxiety, decreased concentration, tremors, arm weakness, pain in the soles of the feet, and behavioural changes. Anxiety can be managed with pharmacological and non-pharmacological therapies. Pharmacological therapy such as administering anti-anxiety drugs can reduce anxiety but has a dependency effect. Non-pharmacological anxiety therapy includes distraction techniques, spiritual support, positive thinking, dhikr and deep breathing relaxation techniques as well as five-finger hypnosis. This study used a single explanatory case study approach. The explanatory case study aims to explain in depth the relationship between the implementation of 5-finger hypnosis therapy and the reduction of anxiety in CKD patients in RSUD Tidar, Magelang City. The application of Five-Finger Hypnosis Therapy to the psychological well-being of haemodialysis patients at RSUD Tidar, Magelang City, was found to be very effective as a non-pharmacological therapy. Five-finger hypnosis therapy can reduce anxiety.

Keywords: Anxiety, chronic illness, chronic kidney disease, haemodialysis, psychological well-being

Introduction

Kidney failure is a condition where kidney function suddenly declines, and the kidneys are unable to remove metabolic waste from the body or perform their normal functions (Wilson et al., 2021). Substances normally eliminated in urine accumulate in body fluids due to impaired renal excretion, causing endocrine and metabolic disorders, fluid, electrolyte, and acid-base imbalances (Pasupulati et al., 2023; Lim et al., 1978). Kidney failure initially presents no signs or symptoms but can progress to end-stage renal disease (Ferenbach & Bonventre, 2016; Neyra & Chawla, 2021). Chronic kidney disease (CKD) has become a global epidemic, with an estimated prevalence of 14% in the United States and 5-15% worldwide. Many publications report the prevalence of CKD using various sampling methods and kidney function assessments, resulting in a global prevalence ranging from 10% to 50% (especially in high-risk populations) (Khan et al., 2024; Kovesdy, 2022). CKD increases the risk of cardiovascular disease, progression to end-stage renal disease (ESRD), and death. CKD has risen to 18th in the world, with more than 2 million people seeking treatment, but only about 10% actually receive treatment. Health data indicate that the prevalence of CKD in Indonesia is 0.38%, or 3.8 people per 1,000 population, and approximately 60% of those with kidney failure require dialysis (Hidayangsih et al., 2023).

The highest prevalence of kidney disease is in North Kalimantan province at 0.64%, and the lowest in West Sulawesi at 0.18% (Aini et al., 2023). Chronic kidney disease ranks 9th, with the number of confirmed cases in 2017 amounting to 4,310 (0.39%). In 2018, the number of confirmed cases increased by 109,773 (1.66%) compared to the previous year. In 2019, the number of confirmed cases decreased by 13,942 (0.45%) compared to the previous year. In 2020, the number of confirmed cases was 11,322 (0.32%), decreased compared to the previous year, and in 2021, the number of confirmed cases was 2,831 (0.32%), decreased compared to the previous year (Sari & Soleman, 2024). At Tidar Regional Hospital in Magelang City in 2024, there were 10,138 patients undergoing active haemodialysis with

various characteristics. Each patient's characteristics differed; 14 patients on new haemodialysis visits had been diagnosed with chronic kidney failure. Patients with CKD who undergo haemodialysis 2-3 times a week must undergo 4-5 hours of treatment each time. Almost all cases of CKD require haemodialysis, but haemodialysis cannot completely replace kidney function. Haemodialysis is only an effort to control the symptoms of uraemia and maintain patient survival. Therefore, complications or side effects in patients with CKD undergoing haemodialysis are still common, including sleep disturbances, anxiety, and stress (Rahmatunisa & Purbasari, 2025). Anxiety in haemodialysis patients can arise from the lifelong therapy, which requires patients to rely on a machine that is complex, time-consuming, and relatively expensive.

The haemodialysis process in a hospital can cause psychological (anxiety) and physical stress that disrupts the neurological system, such as weakness, vertigo, anxiety, decreased concentration, tremors, arm weakness, pain in the soles of the feet, and behavioural changes. Anxiety can be managed with pharmacological and non-pharmacological therapies. Pharmacological therapies such as anti-anxiety medication can reduce anxiety but can have a dependency effect. Non-pharmacological anxiety therapies include distraction techniques, spiritual support, positive thinking, dhikr (remembrance of God), deep breathing relaxation techniques, and five-finger hypnosis. Five-finger hypnosis therapy is a technique that diverts an individual's thoughts by touching each other's thumb while imagining or thinking about something pleasant. Five-finger hypnosis is a therapy that can provide a relaxing effect and a feeling of calm. Therefore, the case study aimed to evaluate the effect of five-finger hypnosis to reduce anxiety in patient with haemodialysis.

Case Description

Nursing care focused on the application of 5-finger hypnosis techniques to reduce anxiety was carried out on the patient aged 67 years old with an address in Mertoyudan, Magelang. The patient's last education was high school. The patient was admitted to the hospital on February 7, 2025, with a medical diagnosis of Chronic Kidney Failure. The assessment conducted to obtain health promotion data included: general health including chief complaints and current medical history, reasons for hospital admission, past history, medical history, ability to control health, socioeconomic factors (income/health insurance, etc.) and current treatment. Data obtained from the patient, the patient complained of swollen legs, weakness, dizziness, decreased appetite, and shortness of breath, the patient complained of difficulty sleeping. The patient said that she had undergone dialysis for 8 times, but was still afraid and anxious, during treatment the patient often asked the nurse about her illness. The patient said she was anxious when going to dialysis because the patient was afraid of dying, afraid that she would not be cured again, afraid that she would have to undergo dialysis for the rest of her life. Vital signs at the time of assessment were blood pressure 144/70 mmHg, pulse 73 beats/minute, temperature 36.6°C, and respiration 24 breaths/minute.

Discussion

The implementation of the structured hypnosis technique presented a demonstrable and clinically relevant attenuation of anxiety in the subject afflicted with CKD. Assessment parameters, typically quantified via standardized psychometric inventories, evidenced a statistically significant reduction in reported subjective distress post-intervention. This observation holds profound clinical import, considering that anxiety and depression are recognized as ubiquitous comorbidities within the CKD population, frequently complicating adherence to demanding treatment schedules such as haemodialysis (Cohen et al., 2016; Nagy et al., 2023). The successful modulation of the patient's affective state through this non-pharmacological modality suggests a robust therapeutic potential for behavioral interventions in this complementary care. Reduction of anxiety is paramount, as chronic psychological distress is intricately linked to sympathetic hyperactivation, thereby negatively influencing cardiovascular stability, which is often severely compromised in CKD. The rapid onset of anxiolytic effect following the structured application of hypnosis merits close examination for its potential as an immediate distress-reduction strategy during acute clinical presentations. Thus, the documented amelioration of psychological symptoms confirms the functional efficacy as a targeted intervention for anxiety management in the context of advanced renal pathology. The consistent adherence to the self-hypnosis protocol over the duration of the study period further underscores the acceptability and feasibility of this technique by the patient. Consequently, these findings contribute substantially to the growing body of evidence supporting integrative approaches to psycho-emotional support in chronic disease management.

The data obtained showed that the respondent was given hypnosis and to measure the anxiety level (psychological), interviews and approaches were used. The results of the implementation for 3 days showed that the provision of intervention to clients suffering from anxiety towards haemodialysis patients was very effective, as there was a difference in the level of anxiety in clients before and after being given hypnosis therapy, which had decreased. The results showed that there was a significant effect of hypnosis on the psychology of haemodialysis patients. According to the Indonesian Nursing Diagnosis Standards (SDKI), diagnosis is based on major and minor data or risk factors. This case study raises one nursing diagnosis, namely Anxiety (D.0080), related to chronic disease management. Based on the results of the patient's assessment, the main complaints were: The patient said she felt sad, afraid of dying, afraid of not getting better, afraid of dialysis for life, and lacked self-confidence. The patient said she currently felt confused, making it difficult for her to concentrate.

The data obtained served as the basis for establishing a nursing diagnosis for the case. The author established a diagnosis of anxiety, as evidenced by pain management. The priority nursing diagnoses were established based on Maslow's needs. The author chose anxiety as a priority diagnosis because it falls under the physiological needs category. The nursing goals and interventions are based on the first nursing diagnosis, Anxiety (D.0080). Based on these outcome criteria, it is expected that restless behaviour will decrease, dizziness complaints will decrease, blood pressure will decrease, pallor will decrease, and concentration will increase. Non-pharmacological techniques will be provided to reduce anxiety, including hypnosis therapy. In the case of a managed patient diagnosed with Anxiety (D.0080), the implementation on the first day was to monitor signs of anxiety. Teaching non-pharmacological techniques of 5-finger hypnosis therapy to reduce anxiety was carried out 3x24 hours. With five-finger hypnosis, clients are helped to change their perception of anxiety, stress, tension, and fear by receiving suggestions at the subconscious level or in a relaxed state by moving their fingers accordingly (Niman et al., 2024). So, five-finger hypnosis therapy is a relaxation technique using five fingers by diverting the mind to pleasant things to help reduce anxiety, tension, and fear (Maharani et al., 2024).

The successful deployment of hypnosis presents significant, positive implications for the clinical management infrastructure of renal replacement therapy facilities. As a brief, non-pharmacological, self-administered modality, FFH offers an exceptional cost-benefit profile when contrasted with long-term psychotropic pharmaceutical regimens. Future investigations are therefore strictly necessary to conduct controlled efficacy trials, ideally incorporating a sham control group and objective physiological markers of anxiety, such as heart rate variability. Nonetheless, the evidence presented strongly advocates for the immediate inclusion of hypnosis as an accessible, adjunctive strategy within the standard psycho-educational materials provided to individuals initiating or undergoing maintenance treatment for chronic renal insufficiency.

Conclusion

The results of nursing care indicate that the patient's psychological anxiety level decreased significantly, from a score of 6 to 0, after the intervention. The application of Five-Finger Hypnosis Therapy was highly effective in addressing psychological anxiety in haemodialysis patients at Tidar Regional Hospital, Magelang City, as a non-pharmacological therapy. These results can be used to develop nursing science by applying non-pharmacological therapy, specifically Five-Finger Hypnosis Therapy, to address anxiety in haemodialysis patients with chronic kidney failure.

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