


Section: Medical Surgical Nursing

Five finger hypnosis to reduce anxiety in patient with hemodialysis

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Abstract

Kidney failure is a condition characterized by a sudden decrease in kidney function. It occurs when the kidneys are unable to eliminate the body's metabolic waste or perform their regular functions. One of the therapies used to remove uremic toxins and regulate the body's fluids and electrolytes is haemodialysis. Anxiety in patients can be addressed through both pharmacological and non-pharmacological therapies. One effective non-pharmacological approach to reduce anxiety is Five Finger Hypnosis. This study aims to evaluate the application of Five Finger Hypnosis in alleviating anxiety in haemodialysis patients. The research methodology involved assessments using nursing care, interviews, and questionnaires. The results indicated a significant decrease in anxiety levels before and after the intervention. Based on the findings, it can be concluded that the application of Five Finger Hypnosis is highly effective as a non-pharmacological therapy for reducing anxiety in haemodialysis patients at RSUD Tidar Magelang City.

Keywords: Haemodialysis; chronic kidney disease; five finger hypnosis; nursing care; complementary therapy

Introduction

Kidney failure is a condition characterized by a sudden decrease in kidney function. It occurs when the kidneys are unable to eliminate the body's metabolic waste or perform their regular functions. As a result, substances that are normally excreted in urine accumulate in body fluids, leading to disturbances in endocrine and metabolic functions, as well as imbalances in fluids, electrolytes, and acid-base levels. Initially, kidney failure may present no signs or symptoms, but it can progressively worsen (Harahap, 2020). According to the World Health Organization (WHO) in 2020, the prevalence of kidney disease worldwide accounts for approximately 65% of all diabetes cases, with a significant portion also linked to cancer (Purwanti, Mujannidah, Purbaningtyas, & Munawaroh, 2024). It is estimated that between 5 to 10 million people die prematurely due to kidney disease. In Indonesia, the incidence of Chronic Kidney Disease (CKD) is reported to be 3.8%, while the prevalence of CKD patients undergoing haemodialysis therapy is 17.193 (Haksara et al., 2023). Haemodialysis is a therapy used to remove uremic toxins and regulate the body's fluids and electrolytes through a specialized machine. However, patients with kidney disorders cannot be cured by haemodialysis therapy alone. Consequently, complications or side effects in CKD patients undergoing haemodialysis are common, including sleep disorders, anxiety, and stress (Listiani & Hartanti, 2021). Anxiety in haemodialysis patients can arise due to the lifelong nature of the therapy, the dependence on complicated and time-consuming machines, and the relatively high costs involved. The haemodialysis process in hospitals can induce psychological (anxiety) and physical stress, disrupting the neurological system and leading to symptoms such as weakness, vertigo, anxiety, decreased concentration, tremors, arm weakness, foot pain, and behavioural changes. Five Finger Relaxation is a technique that involves imagining the happiest place in one's life. This method promotes feelings of relaxation, comfort, and well-being, helping to reduce anxiety and other emotional issues. As a result, individuals can fall asleep more easily, alleviating anxiety and stress (Purwanti et al., 2024).

Five Finger Relaxation is a technique that utilizes visualization and mindfulness to promote relaxation and reduce anxiety (Dalami, Nasihin, & Subiakto, 2023). The method involves imagining one's happiest place or a serene environment while focusing on each finger as a point of connection to this peaceful state. Each finger represents a different aspect of relaxation, encouraging individuals to engage their senses and emotions. With concentrating on the physical sensations in their fingers, participants can enhance their awareness of the present moment, which helps to distract from stressors and fosters a sense of calm (Eitner, Wichmann, Schlegel, & Holst, 2006). The science behind Five Finger Relaxation lies in its ability to activate the body's relaxation response, which counteracts the stress response. Engaging in deep breathing and visualization can lower heart rates, reduce blood pressure, and decrease levels of stress hormones like cortisol (Rosendahl, Alldredge, & Haddenhorst, 2024). This technique also encourages the release of endorphins, which are natural mood lifters. Through regularly practicing Five Finger Relaxation, individuals can develop better emotional regulation skills, leading to improved mental well-being and resilience

against anxiety and stress. The Five Finger Relaxation technique can effectively manage stress and anxiety through a structured approach that promotes mindfulness and relaxation. The technique begins with the individual finding a quiet space to sit comfortably (Yeh, Schnur, & Montgomery, 2014). They then close their eyes and visualize their "happiest place," which could be a favourite vacation spot, a peaceful garden, or any location that evokes positive feelings. This imagery helps shift focus away from stressors and into a more calming mental space. Each finger is associated with a specific aspect of relaxation. For example, participants can assign meanings to each finger—such as peace, comfort, happiness, and so on. As they focus on each finger, they can take deep breaths, allowing the sensations in their fingers to deepen their connection to relaxation. While focusing on the fingers, individuals practice deep breathing—inhale slowly and exhale gently. This rhythmic breathing helps calm the nervous system and reduces physical symptoms of anxiety, such as rapid heart rate and shallow breathing (Carvello et al., 2021). With engaging in this practice regularly, individuals can learn to recognize their stress triggers and respond with relaxation techniques instead of anxiety. Over time, this can lead to a greater sense of control over their emotional responses. The Five Finger Relaxation technique combines visualization, mindfulness, and deep breathing to help individuals manage stress and anxiety effectively, promoting a sense of calm and emotional well-being. Therefore, the study aimed to investigate the effectiveness of using five finger relaxation to reduce anxiety among patients with haemodialysis in the hospital.

Case Description

On November 21, 2023, an assessment was conducted at RSUD Tidar Magelang City, focusing on Mr. M, a 47-year-old male patient diagnosed with anxiety related to the management of his chronic disease. The author identified that Mr. M's anxiety stemmed from his ongoing health challenges, particularly his experience with CKD and the associated treatments, including hemodialysis. Understanding the psychological impact of chronic illness is crucial for patient care, as anxiety can significantly affect a patient's quality of life and treatment adherence. Therefore, the author decided to implement Five Finger Hypnosis therapy as an intervention aimed at alleviating Mr. M's anxiety and improving his overall psychological well-being. The therapeutic process began on the first day with a comprehensive introduction to Five Finger Hypnosis. The author educated Mr. M about the technique, explaining how it could help manage his anxiety by promoting relaxation and positive visualization. During the initial session, the author guided Mr. M through the hypnosis process, which involved focusing on each finger while recalling positive memories and feelings. This method not only aimed to distract Mr. M from his anxious thoughts but also encouraged him to connect with moments of joy and tranquility. By the end of the first day, Mr. M expressed a sense of relief and curiosity about the technique. On the second day, the author encouraged Mr. M and his family to practice the Five Finger Hypnosis independently, fostering a supportive environment where they could reinforce the skills learned. This empowerment was crucial, as it allowed Mr. M to take an active role in managing his anxiety.

In the third day of therapy, the results were notably positive. Mr. M reported that he had fallen asleep earlier than usual, around 22:00 WIB, indicating an improvement in his sleep patterns, which had previously been disrupted by anxiety. Furthermore, Mrs. W observed that Mr. M appeared less anxious and more relaxed, demonstrating a significant shift in his emotional state. He was better able to accept his current illness, which is a vital aspect of coping with chronic conditions. The three-day implementation of Five Finger Hypnosis therapy effectively reduced Mr. M's anxiety levels, showcasing the potential of this non-pharmacological intervention in enhancing the psychological health of patients with chronic illnesses. The positive outcomes not only benefited Mr. M but also empowered his family, equipping them with techniques to support him in managing his anxiety moving forward.

Discussion

This research was conducted at RSUD Tidar Magelang City from November 21 to 23, 2023. The respondents were patients with CKD undergoing hemodialysis who experienced excessive anxiety that disturbed their psychological well-being and were willing to participate for three days. The study involved administering Five Finger Hypnosis Therapy for several minutes. The data collected focused on Mr. M, a 47-year-old patient, who received Five Finger Hypnosis Therapy following standard operating procedures (SOP). To measure psychological outcomes, interviews and assessments were conducted. The results from the three-day implementation indicate that Five Finger Hypnosis Therapy is highly effective for clients experiencing anxiety related to hemodialysis. The implementation table shows a significant decrease in anxiety levels before and after the therapy. The Visual Analog Scale for Anxiety (VAS-A) was used to measure the intensity of patient anxiety, ranging from 0 (no anxiety) to 10 (worst anxiety imaginable). This scale is sensitive and allows patients to identify their anxiety level on a continuum, rather than choosing a single word or number. A VAS score of 0 indicates no anxiety, 1-3 indicates mild anxiety, 4-6 indicates moderate anxiety, 7-9 indicates severe anxiety, and 10 indicates panic or extreme anxiety (Lefebvre et al., 2020). Nursing diagnosis involves clinical decisions regarding individual, family, and community responses to actual or potential health problems, serving as a basis for selecting nursing interventions to achieve care goals within the nurse's authority. Based on the assessment data, the author formulated two nursing diagnoses for Mr. M with CKD: Anxiety (D.0080) related to chronic disease management and sleep Pattern Disturbance (D.0055) related to environmental obstacles (examination or action).

With these two diagnoses, the aim is to address all complaints experienced by the patient. Nursing goals and interventions are determined based on these diagnoses. For the first nursing diagnosis, Anxiety (D.0080), the expected outcomes include a decrease in restless behavior, reduced complaints of dizziness, lower blood pressure, diminished pallor, and improved concentration. Non-pharmacological techniques, such as Five Finger Hypnosis Therapy, are used to reduce anxiety. For the second nursing diagnosis, Sleep Pattern Disturbance (D.0055), the expected outcomes include a decrease in difficulty sleeping and an increase in the ability to perform daily activities, facilitated through acupressure massage therapy. Implementation occurs after establishing the nursing plan. It involves executing actions to achieve the set goals, ongoing data collection, observing client responses during and after interventions, and assessing new data. For the patient diagnosed with Anxiety (D.0080), the first day's implementation included monitoring for signs of anxiety and teaching non-pharmacological techniques, such as Five Finger Hypnosis Therapy. For the second diagnosis, Sleep Pattern Disturbance (D.0055), the implementation involved identifying factors disturbing sleep (physical/psychological) and teaching non-pharmacological techniques, including acupressure massage, to relieve stress and promote sound sleep.

Nurses play a supportive yet significant role in hypnosis in hospital settings, often working alongside certified hypnotherapists or physicians trained in clinical hypnosis (Zahourek, 1982). Their role includes preparing patients for hypnosis, explaining the procedure, and creating a calming environment conducive to relaxation and focus. Nurses may guide patients through breathing exercises and relaxation techniques that enhance the effectiveness of hypnosis, especially for managing pain, anxiety, or stress related to medical procedures. In some cases, they may be trained to use basic hypnotic techniques themselves, under proper supervision, to promote comfort and facilitate patient cooperation during treatments. Incorporating hypnosis as part of holistic care help address both the psychological and physical needs of patients, improving overall outcomes and patient satisfaction.

Conclusion

The assessment revealed that the patient experienced symptoms such as swollen legs, weakness, dizziness, decreased appetite, shortness of breath, and difficulty sleeping. Despite undergoing dialysis eight times, the patient expressed ongoing fears and anxieties about the procedure, including fears of dying, never recovering, and the prospect of lifelong dialysis (Ureum = 171.9, Sodium = 15.69). Two nursing diagnoses emerged: anxiety and disturbed sleep patterns. The interventions provided for the patient with CKD focused on reducing anxiety and supporting sleep. To address Mr. M's anxiety, Five Finger Hypnosis was implemented for approximately 10 minutes, involving concentration and relaxation techniques. The process included touching each finger while recalling positive memories: the thumb with the index finger for health, the thumb with the middle finger for intimacy, the thumb with the ring finger for praise, and the thumb with the little finger for the most beautiful place visited. Following the therapy, the patient reported feeling calmer and more accepting of his illness. The nursing evaluation indicated that both the anxiety and sleep pattern disorders had been effectively resolved. Evidence-based practice supports that Five Finger Hypnosis is effective in reducing anxiety in patients with CKD.

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