THE EFFECTIVENESS OF INTRADIALYTIC PASSIVE RANGE OF MOTION EXERCISE AND LAVENDER OIL MASSAGE ON LEG PAIN IN HEMODIALYSIS PATIENTS

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ABSTRACK

Background: *Leg pain is a common complaint among hemodialysis patients and can affect comfort, tolerance during the procedure, and the effectiveness of the dialysis process. Non-pharmacological interventions such as intradialytic passive Range of Motion (ROM) exercises and massage with lavender oil are alternative approaches that can be applied to help reduce pain intensity.* ***Objective:*** *To analyze the difference in effectiveness between intradialytic passive ROM exercises and massage with lavender oil on leg pain levels in hemodialysis patients at Wava Husada Kepanjen Hospital.* ***Methods:*** *This study employed a quasi-experimental design with a pretest–posttest with control group approach and involved 51 respondents divided into a control group, a passive ROM exercise group, and a lavender oil massage group. Pain intensity was measured using the Numeric Rating Scale (NRS) five minutes before and after the intervention.* ***Results:*** *The results showed a significant reduction in pain in the passive ROM group (mean 5.53 to 2.35; difference 3.18; p = 0.000) and in the lavender oil massage group (mean 5.53 to 1.65; difference 3.88; p = 0.000). The Mann–Whitney test indicated significant differences between the control and ROM groups (p = 0.000), the control and massage groups (p = 0.000), and between the ROM and massage groups (p = 0.029).* ***Conclusion:*** *Massage with lavender oil was proven to be more effective because it combines mechanical stimulation through massage with the aromatherapeutic effects of lavender, which enhance relaxation, reduce muscle spasms, improve blood circulation, and stimulate the release of endorphins and dopamine. This combination results in a more optimal reduction in pain perception compared to passive ROM exercises.*

Keywords: *Hemodialysis, Leg Pain, Passive Range of Motion, Massage, Lavender Oil, Restless Legs Syndrome.*