

**APPLICATION OF SLOW STROKE BACK MASSAGE THERAPY TO
IMPROVING THE SLEEP QUALITY OF CHRONIC KIDNEY DISEASE
(CKD) PATIENTS UNDERGOING HEMODIALYSIS AT
RSUD DR. MOEWARDI**

Tidy Orchida, Hermawati, Suciana Ratrinaningsih
tidy.orchida09@gmail.com
Faculty Of Health Sciences University Of ' Aisyiyah Surakarta

ABSTRACT

Background :Chronic Kidney Disease (CKD) is a decrease in the filtering rate of the kidneys for 3 months or more. The length of time undergoing hemodialysis felt by the patient can affect the quality of sleep because poor sleep quality has a negative impact. Slow back massage or Slow Stroke Back Massage (SSBM) therapy) includes a non-pharmacological intervention that is used to improve the sleep quality of CKD patients **Objective:** To find out the results of applying SSBM therapy to improving the quality of sleep of CKD patients at Dr. Moewardi Hospital. **Objective:** To find out the results of applying slow stroke back massage therapy to improving the sleep quality of CKD patients at Dr. Moewardi. **Methods:** The application was carried out using a case study descriptive method to 2 respondents who experienced CKD were at risk of experiencing a decrease in sleep quality for 7 consecutive days. **Results:** Based on the results of the implementation that has been carried out, there is an increase in the quality of sleep for CKD patients in both study samples experiencing an increase in sleep quality with PSQI scores from 11 to 5 and 12 to 6. **Conclusion:** There are improvement in the quality of sleep of HD patients before and after SSBM.

Keywords: Massage, sleep quality, Chronic Kidney Disease