

**Massage Therapy: Literature Review**

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## **Massage Therapy**

The primary purpose of a literature review is to evaluate peer-reviewed articles to provide context, explore the methodology used, and ensuring professional standards meet for each study. There have been positive results exploring massage therapy as a CAM (Complementary and Alternative Medicine) with different illnesses for patients and nursing staff. In the following articles, the role of massage therapy will discuss as possible treatment options in conjunction with medicine.

### **Impact of hot stone massage therapy on sleep quality in patients on maintenance hemodialysis: A randomized controlled trial**

In this article, Ghavami et al. study the specific effects of hot stone massage therapy on patients who undergo hemodialysis three times a week and suffer from sleep disorders. The point of this study was to see if hot stone massage would positively affect sleep patterns. The study results are significantly better for the patients who underwent the massage and had a much easier time falling asleep and staying asleep than those who were not a part of the intervention group.

#### **Key Points**

This study is to find alternative methods to help patients sleep without the use of sleep aids. These aids typically have side effects that can adversely affect the patient, like drug resistance or dependence. By testing the hot stone massage and seeing positive results, doctors

and nurses can recommend this to their patients without worrying about increasing the dosage so that the patient gets sound sleep.

### **Assumptions**

By following the context of Ghavami et al research, the benefits of hot stone massage therapy help patients undergoing hemodialysis have a better sleep without relying on medication solely. With this development, massage therapists hired by the medical facility can perform these massages and help limit sleep aid medication if a patient does not want to pursue that route of treatment either because of drug resistance or for those who worry about drug dependency. If a patient wants to lower their dose and have the massage to help sleep, it is also a promising option.

### **Deficit/Conclusion**

The article does bring up some of the deficits that they faced. The entire control and intervention group were all males. For more conclusive information, a study would conduct with a control and intervention group of male and female participants. The line of reasoning offered by Ghavami is sound. This research implies that those who either have a history of drug abuse or do not want to become dependent on medication may see this as a viable option for good sleep patterns. If nursing were not to accept that line of reasoning, it would perhaps imply that there needs to be more research done before setting hot stone massage therapy as an approved medical treatment to help with sleep.

### **References**

Ghavami, H., Shamsi, S., Abdollahpoor, B., Radfar, M., & Khalkhali, H. (2019). Impact of hot stone massage therapy on sleep quality in patients on maintenance hemodialysis: A randomized controlled trial. *Journal of Research in Medical Sciences*, 24(1), 71.  
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