



Renal Society of Australasia

Renal Society of Australasia Journal

Volume 15 • Number 2 • July 2019

in this issue

Laughter Yoga therapy in haemodialysis:
one unit's experience

KHA-CARI guidelines:
infection control for haemodialysis units —
a summary review

Effectiveness of bioimpedance
spectroscopy on dry weight (DW)
measurement in haemodialysis patients:
a systematic review

Investigating the role of practice nurses in
the early identification and management
of chronic kidney disease in the general
practice setting: An integrative review



Renal Society of Australasia

Contents

Renal Society of Australasia
Limited

Publisher

Renal Society of Australasia
PO Box 7345 Beaumaris
VIC 3193, Australia

Board President

Fiona Donnelly
president@renalsociety.org

Executive Officer

Sarah Hain
execofficer@renalsociety.org

Published by



10 Walters Drive
Osborne Park, WA 6017

Copy Editor Rachel Hoare
Graphic Designer Gordon McDade

Advertising enquiries to
Simon Henriques
Cambridge Media
Tel +61 8 6154 3912
Email simonh@cambridgemedias.com.au
Web www.cambridgemedias.com.au

Laughter Yoga therapy in haemodialysis:

one unit's experience

Allison Brown, Carol Jeffrey and Dawn Moyle 38

KHA-CARI guidelines:

infection control for haemodialysis units —

a summary review

Debbie Fortnum and Wendi Bradshaw 47

Effectiveness of bioimpedance spectroscopy on dry weight (DW)

measurement in haemodialysis patients:

a systematic review

Hyeyoung Ko, Rasika Jayasekara and Carol Grech 53

Investigating the role of practice nurses in the early identification
and management of chronic kidney disease in the general practice
setting: An integrative review

**Graeme L Turner, Dr Sandra Grace, Dr Christina Aggar
and Ms Rae Rafferty 64**

The statements or opinions expressed in articles, letters, or advertisements published in the Journal are those of the authors unless stated and are not necessarily those of the RSA or Cambridge Media. Although advertising material is expected to conform to ethical and legal standards, acceptance for publication does not imply any endorsement by the RSA. © 2019 the Renal Society of Australasia. All rights reserved. No part of the publication may be reproduced in any form or by any means without the written permission of the RSA. The *RSAJ* is a peer-reviewed journal indexed in CINAHL, Scopus, Expanded Academic, PROQUEST, EBSCOhost EJS and stored with the Australian Serials Unit, National Library of Australia.

Laughter Yoga therapy in haemodialysis: one unit's experience

Allison Brown, Carol Jeffrey and Dawn Moyle

Submitted: 13 December 2018, Accepted: 8 February 2019

Keywords Laughter Yoga, haemodialysis, patient experience, QoL, wellbeing.

For referencing Brown A *et al.* (2019). Laughter Yoga therapy in haemodialysis: one unit's experience. *RSAJ Journal*, 15(2):38-46.

DOI <https://doi.org/10.33235/rsaj.15.2.38-46>

Abstract

Background Laughter Yoga is a patient engagement strategy that promotes health and wellbeing through a structured group laughter therapy program or session. It is a cost-effective and accessible exercise that has been shown to improve mood, and reduce both stress and anxiety.

Method The aim of this project was to evaluate the effectiveness of Laughter Yoga in improving wellbeing, in a cohort of people with kidney disease requiring haemodialysis. The study aimed to see an improvement in patient wellbeing. Wellbeing areas under consideration were general satisfaction with life and health, general feelings impacting on wellbeing, expectations in life, chronic pain and ability to relax/wind down. Sixteen patients on thrice-weekly haemodialysis participated in a weekly Laughter Yoga therapy session for four weeks.

Results The intervention was evaluated using a non-validated pre- and post-survey. The survey showed the positive indicators for wellbeing increased. The general overall satisfaction with life and health perceptions saw an increase of the mean score from 6 to 7.8 and 4.7 to 6.8, respectively. The positive feelings that participants were asked to comment on revealed a mean score increase. The more challenging feelings that impact on wellbeing showed a mean score decrease. The questions completed about life expectations observed smaller mean score increases. Participants' scores on difficulty to wind down, difficulty with being able to relax and levels of chronic pain showed a mean score decrease.

Conclusion The patients that engaged found Laughter Yoga to be a value-adding activity that supported their wellbeing.

Allison Brown RN, BN, MCLinNurs (Nephrology), DipMgt (QLD Health)

Nurse Educator — Renal, Nursing and Midwifery Practice Development Unit, Logan Hospital, Armstrong Road, Meadowbrook, QLD 4131, Australia

Carol Jeffrey RN, BN, MHSc

Clinical Nurse Consultant, Nursing Practice Development Unit, Princess Alexandra Hospital, 199 Ipswich Road, Woolloongabba, QLD 4102, Australia; Adjunct Lecturer, Griffith University, QLD, Australia

Dawn Moyle Cert Laughter Yoga Teacher GCertHlthMgt

Assistant in Nursing, Renal Service, Logan Hospital, Armstrong Road, Meadowbrook, QLD 4131, Australia

Correspondence to: Allison Brown, Nurse Educator — Renal, Nursing and Midwifery Practice Development Unit, Logan Hospital, Armstrong Road, Meadowbrook, QLD 4131, Australia

Email allison.brown@health.qld.gov.au