

The impact of dance movement therapy on hemodialysis patients



مستشفى الناصرة
بيت حולים نצרת
THE NAZARETH HOSPITAL
EMMS • D.D.D.A • !.م.س.

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What is Movement therapy?

- “Dance/movement therapy is a unique form of therapy using movement as a basis to further enhance the emotional, cognitive, physical, and social integrity of the individual” (ADTA).
- It offers a secure emotional space that allows the patients to express their feelings, worries, memories and internal struggles that they find hard expressing verbally.
- Dance/movement therapy offers the patients a holistic response through a meditative process that involves psychotherapy, movement, motion, music, art and realization of one's body.

Treatments types

- Individual therapy:

it grants the patients a gradual emotional/physical exposure through the body.

while the patient might manipulate his verbal expressions, he can not change his authentic body language.

the therapist helps the patient express his authentic self and serves as a container for brought up contents.

- Group therapy:

in group therapy, a group movement dialogue is developed, which opens a gate of communication between the patients and helps them acquire strength from each other's experiences.

Movement therapy with hemodialysis patients

According to the findings, no movement therapy has been done with hemodialysis patients until now, specially during the dialysis procedure.

Despite that, Dr. Tortora Suzi's program for children, who require a short hospitalization, is taking place in the USA as a part of the integrative medical service next to the patients' beds.

My Movement therapy sessions in the Nephrology Department, Nazareth Hospital occur next to the patients' beds during dialysis procedure.

Each session lasts 50 minutes, once a week.

Methods

These sessions were conducted as a part of my internship, in the Nephrology department with 6 patients, who received 2 years of dance movement therapy individual sessions.

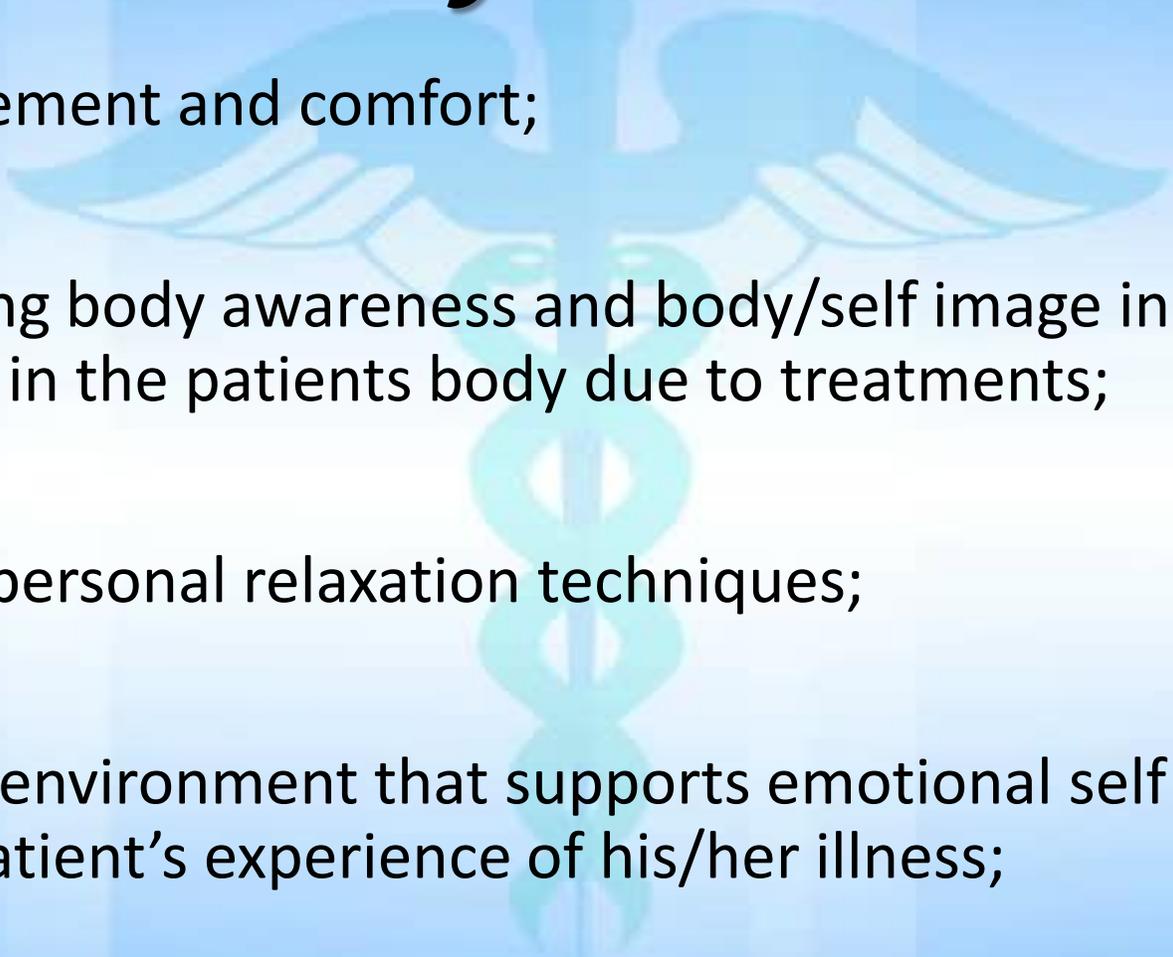
This process evaluates and works on the emotional state and body awareness of the hemodialysis patients.

The case study's tools included:

- interviews
- art creations
- videos
- still photographical observations



Objectives



- Pain management and comfort;
- Strengthening body awareness and body/self image in relation to the changes in the patients body due to treatments;
- Developing personal relaxation techniques;
- creating an environment that supports emotional self expression about the patient's experience of his/her illness;
- Enjoying the fun, pleasurable, and healing aspects of actively using one's body through creative dance expression;

(Tortora.s, 2009)



the hardest thing for me is changing my eating habits completely

Results

Patient's mood improvement, social skills and emotional body awareness have been improved after dance movement therapy sessions. This was evident by:

- A high level of energy;
- Capability of sharing personal contents;
- Enhancement in interpersonal relations compared to irritability;
- Groomed appearance compared to neglected appearance;
- High self- image;
- Developed ability to cope with emotional and social life aspects;

Conclusion

While the medical treatment treats the hemodialysis patient's physical side, dance movement therapy treats his emotional one.

Movement therapy did not exist to replace the medical treatment, its purpose is to complete it through creating an integrative reality that contains our patients, including all of their aspects: emotional, physical and social.

Our study supports applying dance movement as a therapeutic approach for improving hemodialysis patient's quality of life and spiritual mood.