

3<sup>rd</sup> International Conference on

# NURSING & MIDWIFERY

May 23-24, 2018 | New York, USA

## Explore the effective of different mouthwash solutions on xerostomia among hemodialysis patients

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**Introduction:** Dry mouth is a common symptom of hemodialysis patients' distress. Dry mouth and thirst associate with a higher interdialytic weight gain. If patients have not adhered to the limitation in fluid intake, fluid overload may occur, which can result in hypertension and much greater risk for cardiovascular morbidity. The gargle of oral care is a safe and convenient nursing intervention, it can relief symptomatic of dry mouth.

**Aim:** The aim of this study was to explore the effective of different mouthwash solutions on xerostomia, unstimulated salivary flow rate and osmolality among hemodialysis patients. Three effective concentrations of mouthwash solutions were based on results of previous study. This study will be conducted with purposive sampling. Participants recruited from two hemodialysis centers in Taiwan. 102 patients were randomly allocated to four groups (Chinese herbs, saliva enzyme, lemon water mouth wash and distilled water for control groups). Research measurement used three time points (the first week, second week and fourth week) for the duration of usage of the three types of mouthwashes and collected their results on improving xerostomia-related symptoms.

**Results:** Research results indicate that in terms of improving saliva flow rate, any one of the mouthwashes' effects fared better than distilled water ( $p < 0.01$ ). All three mouthwashes proved beneficial in improving dialysis patients' saliva flow rate. In terms of osmolality, saliva enzyme saliva osmolality surpassed all three mouthwashes at different time points. In terms of objective symptom improvement of dialysis patients' xerostomia, the effects of lemon water and pure-distilled water fared better than the Chinese herbal medicine as well as saliva enzyme ( $p < 0.01$ ). From the results, we can investigate the mid, long-term benefits of gargle nursing interventions on improving xerostomia of patients on dialysis.

### Biography

Yu I Chen focuses on the health maintenance and improvement on symptoms of hemodialysis patients, whose conditions affect their quality of life. Therefore, her studies in recent years, in terms of qualitative and quantitative research, delve into the health problems of hemodialysis patients, foregrounding xerostomia and oral hygiene, in hopes of bringing better lifestyles to hemodialysis patients.

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