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## Overcoming Anxiety Chronic Kidney Failure Patients with Spiritual Mindfulness Intervention: A Case study

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### ABSTRACT

Chronic kidney failure patients experience many changes in their lives so they experience anxiety. The anxiety experienced by patients with chronic kidney failure can be caused by threats to physical integrity as well as threats to the integrity of body systems. Threats to physical integrity are related to a decrease in the ability to carry out daily life activities. Meanwhile, threats to the integrity of body systems involve damage to a person's identity, self-esteem, and integrated social functioning. The aim of this case study is to carry out nursing care to overcome anxiety problems in kidney failure patients with spiritual mindfulness intervention in the Inpatient Room of the Surabaya A.Yani Islamic Hospital.

This research uses a case study approach by providing nursing care using the spiritual mindfulness. The subjects used were chronic kidney failure patients who were hospitalized at the Surabaya A. Yani Islamic Hospital with anxiety nursing problems. Nursing care includes assessment, determining a diagnosis, making interventions, implementation and evaluation. The instrument used to measure the anxiety variable was the Zung Self-Rating Anxiety Scale questionnaire. The implementation was carried out to overcome anxiety by applying spiritual mindfulness, carried out for 3 days (2 times a day for 10-15 minutes).

The results of the spiritual mindfulness intervention after nursing actions were carried out for 3 days, the nursing problem of anxiety was resolved. The patient experienced a change from initially the patient having an anxiety score of 80 (severe anxiety) to 40 (not anxious). Spiritual mindfulness intervention is effective in reducing anxiety so it can be used as an alternative to reduce anxiety in patients with chronic kidney failure.

Keywords: Spiritual, mindfulness, anxiety, chronic kidney failure

### INTRODUCTION

Individuals who experience chronic disease, are prone to experience anxiety, one of which is chronic kidney failure. Chronic kidney failure sufferers experience many changes in their lives, starting from managing their diet, exercise, controlling blood sugar, urea, creatinine and kidney function replacement therapy (Nursalam et al., 2020). Patients with chronic kidney failure look anxious when they are about to undergo hemodialysis, both new patients and most of the old patients, they also say that their heart is pounding, nausea, tremors, nervousness, unable to concentrate, and feeling uncomfortable. Patients with chronic kidney failure are anxious when they

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are hospitalized because they see the tubes flowing blood, the costs that must be incurred each time they undergo therapy, worry because invasive procedures will be carried out, and uncertainty about recovery.

The prevalence of chronic kidney failure in America is 661,648 people and is a global health threat. Study Results (Anisah & Maliya, 2021) As many as 48.6% of 50 patients undergoing hemodialysis experienced anxiety disorders. Basic health research data (2018) states that in Indonesia there are 9.8% who experience anxiety in sufferers of chronic kidney failure. Study results (Larasati, 2018) stated that out of 38 patients with chronic kidney failure at Surabaya A. Yani Islamic Hospital, 20 people (52.6%) had severe anxiety levels, 4 people (10.5%) had moderate anxiety levels, 10 people (26.3%) mild anxiety level and 4 people (10.5%) no anxiety. Data from medical records of chronic kidney failure patients undergoing hemodialysis therapy at the Surabaya A.yani Islamic Hospital in July-September 2022 totaling 2288 visits. A total of 9 patients or most (55.3%) of the 16 respondents with chronic kidney failure at the A. Yani Surabaya Islamic Hospital experienced moderate anxiety.

Various kinds of psychological changes in chronic kidney failure patients at A. Yani Surabaya Islamic Hospital can be seen from their physical condition and behavioral changes including: patients always feel confused, feel insecure, dependent and become passive individuals. Some of the patients undergoing therapy at the hospital never return to their previous activities or work. Patients with chronic kidney failure often experience problems such as: loss of job, income, freedom, decreased life expectancy and sexual function which can cause anger and will lead to a state of anxiety. (Alfikrie et al., 2020). Anxiety that is not handled can lead to irrational behavior, conflict, disobedience, fear, inability to carry out daily activities and fear of death (Dewanti & Supratman, 2020). Patients with chronic kidney failure, both new and old patients, are very prone to suffering from psychological disorders, including anxiety and fear when they are going to be treated in the hospital when they are going to be treated (Mahyubi, 2021).

Anxiety experienced by individuals can be caused by threats to physical integrity and threats to the integrity of body systems. Threats to physical integrity are related to decreased ability to carry out activities of daily living. Meanwhile, threats to the integrity of body systems involve damage to one's identity, self-esteem, and integrated social functioning (Stuart, 2014).

How to deal with anxiety can be done by administering pharmacological therapy/drugs or non-pharmacological interventions. Considering the complications and side effects caused by the continuous use of drugs, anxiety therapy, non-pharmacological intervention methods were chosen to reduce anxiety in chronic kidney failure patients undergoing hemodialysis therapy. (Sirenesmi et al., 2020). Based on evidence based practice, there are many ways we can reduce anxiety and stress in chronic kidney failure patients, including: distraction relaxation, deep breathing relaxation, progressive muscle relaxation, music therapy, Mindfulness, spiritual relaxation and so on (Rokhyati et al., 2019).

Previous research has not combined Mindfulness using a spiritual approach. In this study, researchers combined these two interventions in providing nursing care. Nurses can use it as a stimulus to reduce anxiety, through relaxation methods by surrendering to God. Mindfulness can be interpreted as an individual's ability to be

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fully aware of one's existence, where one is, what one is doing, and not overreacting to what is happening around one and by surrendering to God.(Santo<sup>7</sup> et al., 2022). As an effort to maximize surrender to God or Spiritual Mindfulness in patients with chronic kidney failure, it uses the media of deep breathing relaxation. Based on this background, optimal nursing care management is needed holistically with a combination of therapies to optimize care, namely Spiritual Mindfulness interventions to surrender to God as a type of therapy carried out by nurses in dealing with anxiety in patients with chronic kidney failure (Astuti et al., 2022).

## OBJECTIVE

Analyzing nursing care with spiritual mindfulness interventions to overcome anxiety problems in kidney failure patients at A. Yani Surabaya Islamic Hospital.

## METHODS

The research design used is a case study design. This case study is a study to explore the Analysis of Nursing Care for Chronic Kidney Failure Patients using Mindful Spiritual Relaxation Techniques to Overcome Anxiety in the Inpatient Room at the Surabaya A. Yani Islamic Hospital. Researchers intervened with 1 respondent for the case study. Inclusion criteria: Chronic renal failure patients who have undergone hemodialysis for less than 2 years. The instrument used to measure the anxiety variable was the Zung Self-Rating Anxiety Scale questionnaire. The research was conducted on 06-08 February 2022. Research ethics number 03.1/001/II/EC/KEP/LCBL/2022.

## RESULT AND DISCUSSION

### 1. Result

Based on the results of the implementation of nursing care in patients with chronic kidney failure patients who were hospitalized before undergoing hemodialysis therapy with anxiety nursing problems in the inpatient room of A.Yani Surabaya Islamic Hospital, then the results of the implementation of nursing care carried out by providing the application of Spiritual Mindfulness. The discussion will be explained through the stages of the nursing process starting from assessment, nursing diagnosis, intervention, implementation and evaluation.

Based on what was obtained from interviews and observations carried out on February 6 2023, when he came with his wife to the emergency room at RSI Surabaya A. Yani, the patient said that he was feeling weak, dizzy, feeling unwell, having difficulty breathing, and couldn't sleep at the thought of hemodialysis. Patient Named Mr. X, 62 years old, Islam. Mr X Married, graduated from S-1, works as a retiree. Mr X. said feeling anxious because of chronic kidney failure currently being faced, and anxious when approaching hemodialysis. Mr X has a history of hypertension since + 7 years ago and the patient does not routinely take medication.

Mr X said His family has no history of chronic kidney failure like he did. Patients said the efforts that have been made currently are going to hospital and undergoing hemodialysis therapy. Patients said he had never had surgery before. Patient says has no history of food and drug allergies. The patient said he had never smoked. Results of examination of vital signs on Mr. X indicates the state of compositis, temperature measurement results: 36.6°C, blood pressure: 180/101 mmHg,

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pulse rate: 98 x/minute, and respiration: 24 x/minute., SPO2 98% with 8 lpm oxygen mask. The patient expressed anxiety, anxiety, and fear because he had to be hospitalized again and had dialysis twice a week routinely with the same disease as before and felt that his illness was not getting better.

Anxiety related to the disease process is characterized by fear of failure characterized by Feeling anxious, confused, worried about the consequences of the conditions encountered, difficult, looking restless, and having difficulty sleeping and often waking up at night and when being hospitalized and undergoing Hemodialysis therapy patient looked gloomy. Knowledge deficit related to lack of exposure to information is characterized by asking what problems are encountered, showing behavior that is not as recommended, and showing wrong perceptions of problems. Acute pain associated with physiological agents of injury is characterized by complaining of pain, grimacing, being protective, restless, increased pulse rate, difficulty sleeping, and increased blood pressure.

The nursing interventions programmed are:

Anxiety Reduction (I.09314)

Action :

Observation:

1. Identify when the level of anxiety changes (e.g. condition, time of day, stressor)
2. Identify decision-making abilities
3. Monitor for signs of anxiety (verbal and non-verbal)

Therapeutic :

1. Create a therapeutic atmosphere to foster trust
2. Accompany the patient to reduce anxiety, if possible
3. Understand situations that cause anxiety
4. Listen attentively
5. Use a calm and reassuring approach
6. Motivation identifies situations that trigger Anxiety
7. Discuss realistic planning about upcoming events

Education:

1. Describe the procedure, including any sensations you may experience
2. Inform factually about the diagnosis, treatment, and prognosis
3. Encourage the family to stay with the patient, if necessary
4. Encourage non-competitive activities, as needed
5. Encourage expressing feelings and perceptions
6. Practice diversionary activities, to reduce tension
7. Practice proper use of self-defense mechanisms
8. Practice Spiritual Mindfulness techniques

Implementation to overcome anxiety nursing problems carried out on Mr. X, by implementing nursing in the form of Spiritual Mindfulness relaxation for 3 days (1 time therapy a day) with a duration of 10-15 minutes from 6 February 2023 to 8 February 2023. Giving Spiritual Mindfulness which will be implemented in accordance with Indonesian Nursing Intervention Standards ( SIKI). Before conducting the training on the patient, the author builds a trusting relationship and explains to the

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patient various non-pharmacological therapies and informs the patient that the exercise to be used is the application of Spiritual Mindfulness given based on standard operating procedures, here the researcher will provide Spiritual Mindfulness exercises carried out for 3 days , Next, the researcher explained to the patient the goals and procedures of the therapy that would be applied, followed by doing exercises. These exercises were carried out once a day for 10-15 minutes. Then after the application of the Spiritual Mindfulness technique is completed, the author gives the patient the opportunity to express his feelings after doing the Spiritual Mindfulness relaxation technique that the author has taught him. This is in accordance with the intervention that has been planned. After being taught Spiritual Mindfulness for 3 days, it is hoped that the patient will be able to carry out Spiritual Mindfulness independently when pain recurs. This is in accordance with interventions that refer to Evidence Based in Nursing and in accordance with Indonesian Nursing Intervention Standards (SIKI). followed by doing exercises, this exercise is done 1x therapy in a day with a duration of 10-15 minutes. Then after the application of the Spiritual Mindfulness technique is completed, the author gives the patient the opportunity to express his feelings after doing the Spiritual Mindfulness relaxation technique that the author has taught him. This is in accordance with the intervention that has been planned. After being taught Spiritual Mindfulness for 3 days, it is hoped that the patient will be able to carry out Spiritual Mindfulness independently when pain recurs. This is in accordance with interventions that refer to Evidence Based in Nursing and in accordance with Indonesian Nursing Intervention Standards (SIKI). followed by doing exercises, this exercise is done 1x therapy in a day with a duration of 10-15 minutes. Then after the application of the Spiritual Mindfulness technique is completed, the author gives the patient the opportunity to express his feelings after doing the Spiritual Mindfulness relaxation technique that the author has taught him. This is in accordance with the intervention that has been planned. After being taught Spiritual Mindfulness for 3 days, it is hoped that the patient will be able to carry out Spiritual Mindfulness independently when pain recurs. This is in accordance with interventions that refer to Evidence Based in Nursing and in accordance with Indonesian Nursing Intervention Standards (SIKI). Then after the application of the Spiritual Mindfulness technique is completed, the author gives the patient the opportunity to express his feelings after doing the Spiritual Mindfulness relaxation technique that the author has taught him. This is in accordance with the intervention that has been planned. After being taught Spiritual Mindfulness for 3 days, it is hoped that the patient will be able to carry out Spiritual Mindfulness independently when pain recurs. This is in accordance with interventions that refer to Evidence Based in Nursing and in accordance with Indonesian Nursing Intervention Standards (SIKI). Then after the application of the Spiritual Mindfulness technique is completed, the author gives the patient the opportunity to express his feelings after doing the Spiritual Mindfulness relaxation technique that the author has taught him. This is in accordance with the intervention that has been planned. After being taught Spiritual Mindfulness for 3 days, it is hoped that the patient will be able to carry out Spiritual Mindfulness independently when pain recurs. This is in accordance with interventions that refer to Evidence Based in Nursing and in accordance with Indonesian Nursing Intervention Standards (SIKI). After being taught Spiritual Mindfulness for 3 days, it is hoped that the patient will be able to carry out Spiritual

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Mindfulness independently when pain recurs. This is in accordance with interventions that refer to Evidence Based in Nursing and in accordance with Indonesian Nursing Intervention Standards (SIKI). After being taught Spiritual Mindfulness for 3 days, it is hoped that the patient will be able to carry out Spiritual Mindfulness independently when pain recurs. This is in accordance with interventions that refer to Evidence Based in Nursing and in accordance with Indonesian Nursing Intervention Standards (SIKI).

The first meeting was held on 6 February 2023 with a longer duration, namely  $\pm$  30 minutes because the author builds a relationship of mutual trust, explains and teaches patients the application and procedures for Spiritual Mindfulness therapy and is followed by the patient, where in this therapy the author asks the patient to think about things - a pleasant or enjoyable experience that promotes the use of all senses in a soft voice. Movement in accordance with the standard operating procedures given. At this first meeting the focus was on teaching concentration and asking the patient to follow the movements being taught. Relax with breathing exercises by using slow and deep breathing techniques, and using the diaphragm muscles, thus allowing the abdomen to lift slowly and the chest to fully expand to its maximum while saying motivational sentences, gratitude and self-surrender (Islamic prayers) as well as making attention-focusing strategies to deal with cognitive problems and reactivate the power of the mind to reduce distress emotional. Say goodbye to this imaginary world and prepare yourself to return to the real world, and focus on the current situation.

The results of the study carried out on Mr. X by implementing nursing in the form of spiritual mindfulness for 3 days (1 time therapy a day) with a duration of 10-15 minutes from February 6, 2023 to 8 February 2023. Giving spiritual relaxation of mindfulness is given based on operating procedures. From the implementation, it was found that anxiety was reduced and patients carried out Spiritual Mindfulness independently when anxiety reappeared. On the 3rd day after implementing Spiritual Mindfulness anxiety was reduced, there is a significant decrease in anxiety from 80 down to 40.

Based on nursing evaluations, it is proven that Spiritual Mindfulness interventions are easy to carry out so they can be applied to overcome anxiety. The Spiritual Mindfulness relaxation nursing intervention does not cause side effects because the therapy used is non-pharmacological therapy.

## 2. Discussion

### A. Analysis of Anxiety Problems in Chronic Kidney Failure Patients

The study was carried out on February 6 2023 in the Inpatient Room of the A. Yani Surabaya Islamic Hospital. When asked by the nurse about his current complaint, Mr. X said that he was afraid and worried about his illness, which until now has not healed. Chronic kidney failure patients have been undergoing routine hemodialysis therapy for 3 years at the A. Yani Surabaya Islamic Hospital and are currently undergoing inpatient treatment. When filling in the Anxiety score using the Zung Self-Rating Anxiety Scale (SAS/SRAS) questionnaire, the result is 80 with the criteria (severe anxiety) (Mahyuni, 2021).

When asked, the patient did not understand chronic kidney failure in detail, causing anxiety in the patient. In addition, the disease suffered by patients often

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results in psychosocial problems, namely feelings of worry or anxiety (anxiety), body image disturbances, low self-esteem disorders, helplessness and hopelessness (Mulia et al., 2017). Patients who are diagnosed with chronic kidney failure are faced not only with a small chance of survival, but also with prolonged physical and psychological suffering. According to the researchers, based on data obtained from the results of the study, it was explained that anxiety or anxiety arises because the patient feels afraid and worried about the disease which will not heal so that the patient undergoes inpatient treatment in hospital and must undergo hemodialysis therapy throughout his life.

The results of the anamnesis and patient interviews during the assessment of the authors established the main nursing diagnoses of anxiety related to the threat of the current status. Nursing diagnoses that often occur in patients with chronic kidney failure include excess fluid volume, anxiety, pain, activity intolerance, less nutrition than body requirements, impaired skin integrity and disturbed sleep patterns (Smeltzer & Bare, 2019). The enforcement of this nursing diagnosis is based on the analysis of the data obtained by the author, namely subjective data where the patient says he is worried and afraid of his illness, injection during dialysis. The objective data obtained on the patient (Mr. X) looks anxious and worried, the patient and family also do not understand in detail about chronic kidney disease. BP: 180/101 mmHg, N: 98 x/minute, S: 36.6°C, RR: 20x/minute, SpO<sub>2</sub>: 98%, Anxiety score: 80 (severe anxiety) which is caused due to several things such as experienced due to patients are anxious when they are hospitalized and imagine needles and pain when injected and pain when cramps in the stomach, as well as the costs that must be incurred every time they undergo hemodialysis therapy and the uncertainty in living life.

#### B. Analysis of the implementation of spiritual mindfulness to overcome anxiety

Based on the Indonesian Nursing Intervention Standards, for patients with anxiety nursing problems, the intervention given is anxiety reduction, namely identifying decision-making abilities, monitoring signs of anxiety (verbal and non-verbal), creating a therapeutic atmosphere to foster trust, using a calm and reassuring approach, identifying motivation. situations that trigger anxiety, discuss realistic planning of upcoming events and practice relaxation therapy techniques (SIKI DPP PPNI Working Group Team, 2018).

When implementing Mr. X was given therapy according to the intervention, namely the provision of Spiritual Mindfulness therapy. Prior to implementing Spiritual Mindfulness therapy, two sheets were provided, namely informed consent paper and blank paper to record the results of changes in the patient's anxiety level using the Zung Self-Rating Anxiety Scale (SAS/SRAS) questionnaire. In controlling the intervention, it is given for 3 days and every day the intervention is 2 times for 15-20 minutes.

Before and after the intervention on Mr. X, the patient's vital signs are measured, including blood pressure, temperature, pulse and breathing. Identify when levels of anxiety or anxiety change (eg conditions, time of day, stressor), identify decision-making skills, monitor signs of anxiety (verbal and non-verbal), create a therapeutic environment to foster confidence, use a calm and reassuring approach, motivate identify situations that trigger anxiety, discuss realistic planning of upcoming

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events and practice Spiritual Mindfulness therapy techniques.

1 According to the researchers, the Spiritual Mindfulness intervention that has been carried out on patients has been carried out according to theory. Namely by teaching relaxation techniques using the Spiritual Mindfulness method can help patients reduce anxiety or anxiety. The Spiritual Mindfulness technique must be carried out correctly in accordance with existing standard operating procedures. If this technique is carried out correctly, the reduction in anxiety levels can be fulfilled according to the expected outcome criteria (Hofmann et al., 2010).

The results of the implementation of the Spiritual Mindfulness therapy intervention that has been given to the patient have changed from initially the patient had an Anxiety score of 80 (severe anxiety) to 40 (not anxious), this also made the patient calmer and no longer worried about the illness he was currently suffering from. Application of implementation by providing education in accordance with the roles of nurses by using leaflet media in the form of material on the meaning of Chronic Kidney Failure, causes of Chronic Kidney Failure, signs of symptoms of Chronic Kidney Failure, meaning of Spiritual Mindfulness relaxation therapy, benefits of Spiritual Mindfulness therapy, before and after being given therapy The client's Spiritual Mindfulness will be assessed for anxiety and observed for the patient's condition. 7

Based on the research results above, it is proven that there is a change in the anxiety of chronic kidney failure sufferers before and after being given Spiritual Mindfulness relaxation. The above is supported by research (Hoge et al., 2015) states the Mindfulness intervention reduces anxiety. Also supported by studies (Decker et al., 2020) which stated that patients who after doing Mindfulness relaxation showed a significant reduction in anxiety levels. 5

Spirituality is one way to minimize stress which acts as a positive psychological factor (free from stress and anxiety) through the functional limbic system which can create positive coping mechanisms (Wisnusakti, 2018). Spirituality can significantly assist patients in adapting to changes caused by chronic kidney disease. Spiritual intervention is believed to be able to reduce stress optimally because it can be carried out independently, anytime and anywhere, is inexpensive and non-toxic (Yusuf et al., 2020). The relationship between humans and the Creator is the first element in spirituality. Drawing closer to God is a coping strategy most often used by patients to deal with the stress of chronic kidney failure patients. 23

The nurses in this study used it as a stimulus to reduce anxiety through the Spiritual Mindfulness method (White, 2013). The Spiritual Mindfulness technique is a technique that is easy to do. Spiritual Mindfulness is a technique used to imagine oneself as the main subject where the mind receives or receives positive affirmation and the body is in a relaxed state while silently reciting motivational sentences, gratitude and surrender to God Almighty as well as making strategies to concentrate attention to handle it. cognitive problems and reactivate the power of the mind to reduce emotional distress which is carried out within 10-15. Apart from that, this technique can be done independently or guided by health workers or family. When a person feels anxious, the body's system will work extra by increasing the work of the sympathetic nerves in response to stress (Otaghi et al., 2016). 4

4 Spiritual Mindfulness that is carried out will stimulate the brain area, namely the prefrontal cortex, which is the center of emotional regulation and judgment to

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instruct emotional reactions which then the body will respond by feeling accepting and non-judgmental, while in the hippocampus and amygdala (Dwidiyanti et al., 2021). Apart from being an area for regulating emotions, it is also an area of openness, extinguishment and strengthening which will provide instructions to open up more so that individuals are able to release themselves in awareness, restrain themselves from internal reactivity and are able to increase self-acceptance so that they can reduce stress, not only being physically healthy, psycho, social but also spiritually healthy (Vijayanti, 2019). Humans as complete creatures respond to situations that occur due to health problems, and have coping mechanisms to adapt to changes in the environment, so that individuals always interact using positive and negative coping (Ningsih et al., 2018).

According to the researchers, during the Spiritual Mindfulness process, patients with chronic kidney failure will feel calm, increase levels and compassion for themselves, there is an attachment to spirituality, increased awareness of health and self-care and surrender to God Almighty so that the patient's stress level decreases or even becomes unbearable. stressed or normal.

The last nursing evaluation was carried out after the 3rd intervention, and in this scientific paper the author will discuss the evaluation of nursing actions for nursing interventions with anxiety problems in Mr. X. Evaluation on day 1 by providing education about Spiritual Mindfulness therapy obtained an Anxiety score of 62 (moderate anxiety). Patients are encouraged to continue to carry out the same intervention, namely by doing Spiritual Mindfulness therapy on the 2nd day continuously. During the evaluation on day 3, the Anxiety score dropped to 40 (not anxious). The results of monitoring vital signs obtained blood pressure data of 140/78 mmHg, temperature of 36.6 degrees Celsius, pulse 80 x/min and RR 20 x/min. Nursing problems experienced by patients can be resolved with the results of a significant decrease in anxiety by carrying out nursing interventions in the form of implementing relaxation techniques and Spiritual Mindfulness therapy distraction techniques for Mr. X

Evaluation is the final stage of the nursing process which is a systematic and planned comparison between the observed end results and the goals or outcome criteria set at the planning stage. Evaluation is carried out continuously involving patients and other health workers. According to researchers, at the final evaluation the patient experienced a significant reduction in anxiety levels from days 2 and 3, which was found the results of the reassessment after being given Spiritual Mindfulness therapy to clients for 3 days, 2 meetings per day, there is a significant decrease in anxiety, from a score of 80 down to 40.

## CONCLUSION

1. The results of the description of nursing care for Mr. X suffering from chronic kidney failure, which complains anxiously and given a nursing plan in the form of relaxation with the application of spiritual mindfulness in accordance with evidence based in nursing with an output of the decreased anxiety level.
2. Results of care analysis implementation nursing there is an influence of the application of Spiritual Mindfulness on Mr. X suffering from chronic kidney failure with anxiety nursing problems, as evidenced by the results of the results of the

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review after being given spiritual therapy Mindfulness to the client for 3 days, there are 2 meetings, there is a significant decrease in anxiety.

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