

The technique and efficacy of arteriovenous fistula (AVF) massage therapy



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Arteriovenous fistula massage therapy

- Dialysis day : The dialysis staffs : To stroke the stenotic vessels **with pressure**.
- Non-dialysis day : The patients : **Just to stroke** their own vascular access at home.

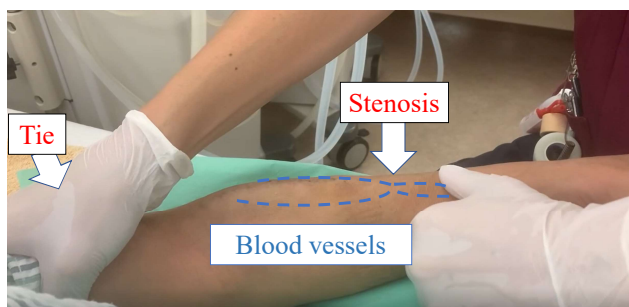
Dialysis staff massage



Patient massage

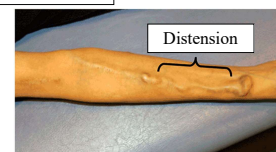


How to decide the massage place

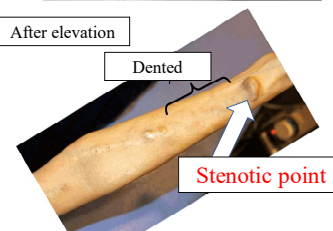


How to decide the massage place

Before elevation

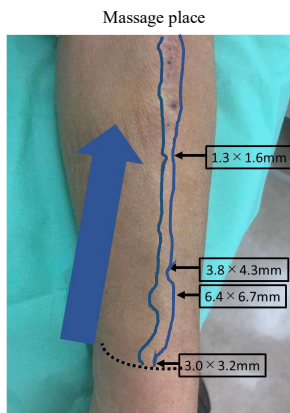


After elevation



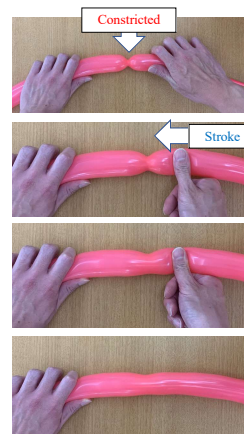
- First, check the blood vessels before raising the patient's vascular access arm.
- The patient's vascular access arm is then raised above the shoulder.
- If the blood vessel is dented, you can find out the stenotic point.
- The downstream part from the stenosis is dented.

Sharing with staff / patients



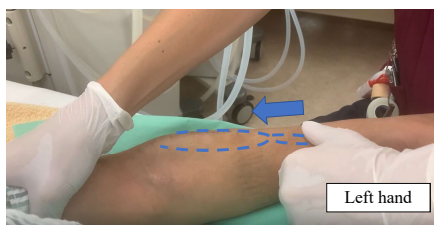
- Create a photo of patient's vascular access as shown on the slide.
- The place to massage must be unified.
- It would be even better if the blood vessel diameter could be measured by ultrasonography (if you have it).
- You must and can determine the place also by your physical examination.

Principle of venous distension



- The arteriovenous fistula massage technique is illustrated using a balloon model.
- The vascular access model is **constricted** at one point.
- Both hands are placed on the balloon, and the right hand is used to stroke the balloon into above the constriction with pressure by the left hand.

Method of Arteriovenous fistula Massage



As shown on the slide, a tourniquet (hand) is placed centrally to the stenosis and the central side of the vascular access is compressed with the right hand to shut off blood flow completely. The left hand is placed on the other side of the stenosis and used to push blood up into it from the peripheral side, causing it to distend.

Which patients are suitable for this technique?

- This massage was restricted to only arteriovenous fistula patients
- That is also recommended in patients with immature vascular access.
 - In some of our patients, the use of arteriovenous fistula massage resulted in flow volume reaching an adequate level
- This massage requires no particular location or equipment, and can therefore be used by any dialysis institution.
- This is the biggest advantage of popularizing vascular access massage in Vietnam.