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Quality of Life of Patients on Hemodialysis

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Background: Quality of life (QoL) is one of the major issues and challenges in health care. Hemodialysis is a life sustaining treatment for patients with end stage renal disease. Hemodialysis can bring about significant impairment in health related QoL and outcomes.

Objectives: To examine the physical, psychosocial and cultural factors associated with the QoL of patients on hemodialysis admitted to National Institute of Nephrology, Dialysis and Transplant (NINDT) in Maligawatta.

Methodology: Quantitative approach and descriptive design was used. All registered patients (n=233) in NINDT were taken. KDQOL-SF³⁶ questionnaire was used for data collection. SPSS version 23 was used for data analysis.

Results: In this study, overall general health was fair in 52.2%. Limited physical functioning was present in 95.7% while role limitations with work were present in 92.7%. Body pain was present in 86.7% of patients while pain interfered with daily activities in 95.7%. Effects of kidney disease affected daily living in 71.3%. Sixty four percent (64.1%) did not have sound sleep while 63.4% had interference with social activities. Emotional wellbeing was affected in 94%. Cognitive functions were affected in 93.7%. Response rate was 18.7% regarding sexual activity.

Conclusions: Many aspects of health of the participants' lives have been adversely affected by hemodialysis. Patients on hemodialysis experience various problems that may adversely influence their QoL. It is recommended that multidisciplinary intervention that includes medical, dietetic and psychosocial strategies that address factors associated with mental and physical QoL are warranted to reduce further health complications and to improve QoL. Educational interventions should be focused to improve their knowledge aiming to reduce physical health problems, to modify the attitudes and beliefs aiming to reduce the intensity of psychological and social health problems relating to the condition.

Keywords: End-stage renal disease, Hemodialysis, Health-related Quality of Life