Impact Of Hemodialysis On Quality Of Life Of Patients With End Stage Renal Disease At Kenyatta National Hospital

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Abstract:

Background End-stage kidney disease (ESRD) leads to death if one is not dialyzed or done a kidney transplant. However, both of these treatments can have risks. The outcome is different for each person. Most patients prefer to be put on hemodialysis which is relatively expensive and comes with other challenges like change of body image and dependency. These challenges to patients on hemodialysis eventually affect their quality of life (QoL). Assessment of QoL of patients with ESRO on hemodialysis was done so as to fill the healthcare gaps that warrant intervention. Study objective The primary objective of this study was to assess the quality of life in patients with ESRO on hemodialysis. Materials and methods This was a cross-sectional descriptive study. The study site was Kenyatta National Hospital (KNH) renal unit. Study was conducted after the ethical approval by KNH/UoN institutional review board. A total number of 133 participants were recruited in the study through purposive non-probability sampling method. The participants in this study were on hemodialysis for at least three months or more. Study tools were questionnaires. The data was analyzed using statistical packages for social sciences (SPSS) version 18. The study was conducted in duration of four weeks. Results: A total number of 133 subjects were studied. The study respondents were aged between 18 and 71 years old (mean = 41.7, SD= 13.783) with male 60.2% and 39.8% being females. The major cause of ESRD was hypertension with 53.4%. The most access site for hemodialysis was arteriove~ 10usfistula with 39.8%. The mean score of the overall quality of life was 9.4455 (SD 1.6). Score in this category ranged from 6.17 - 14.38 with the highest score in social and economic. In the relationship between socio-demographic factors and quality of life, There was a significant difference noted in family factor in terms of gender (P=0.012). However when comparing Christianity and Islam scores, there was difference in psychological and spiritual aspect (P=0.031) as compared to others. In like manner, the monthly income of the respondent was significantly different in health and functioning factor of the individual (P=0.036). Age, marital status, education and employment was not significantly different to any aspect/factor of qualify of life (P>O.05). Conclusion The mean score of the overall quality of life of patients in KNH with ESRD on hemodialysis was 9.4455 (SD 1.6). Score in this category ranged from 6.17 - 14.38 with the highest score in social and economic factors. Therefore this means the participants had a fair quality of life. Recommendations There is need for health care education on life style factors in prevention of hypertension. Increase the number of hemodialysis machines to cater for the patients needs. There is need to intensify awareness programs on early diagnosis of chronic kidney disease.