

The role of spirituality and religion in haemodialysis patients. The essence of life?

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Introduction

In recent years, scientific research has become increasingly interested in the role of spirituality and religion in the field of care and this, for many patients suffering from a chronic disease, is an important resource of dealing with their disease the best possible way.

Patients often report unsatisfied spiritual and existential needs and spiritual support is also associated with a better quality of life.

Objectives

To investigate the effects of spirituality and religion on dialysis patients at the end of their lives, to respect their quality of life and to determine which role they play in nursing care.

Methods

In January 2018, the questionnaire "Spiritual Needs Questionnaire" (SpNQ) was distributed to dialysis patients of a dialysis unit of a large network to investigate this topic.

Results

All 20 patients completed the questionnaire, whereof 7 patients (35.0%) were women.

56.2% felt the need for inner peace; 46.0% for existential needs; 41.4% for religious needs and 37.5% for Christian charity.

Conclusion

Chronic diseases have a significant impact on the patients' lives and affect their physical, functional, emotional, social, and spiritual well-being.

More than half of our patients felt the need for inner peace. Moreover, religious and existential needs are of high relevance. The nurse who takes care of the psychosocial and spiritual needs of the patients contributed to their improvement and recovery.

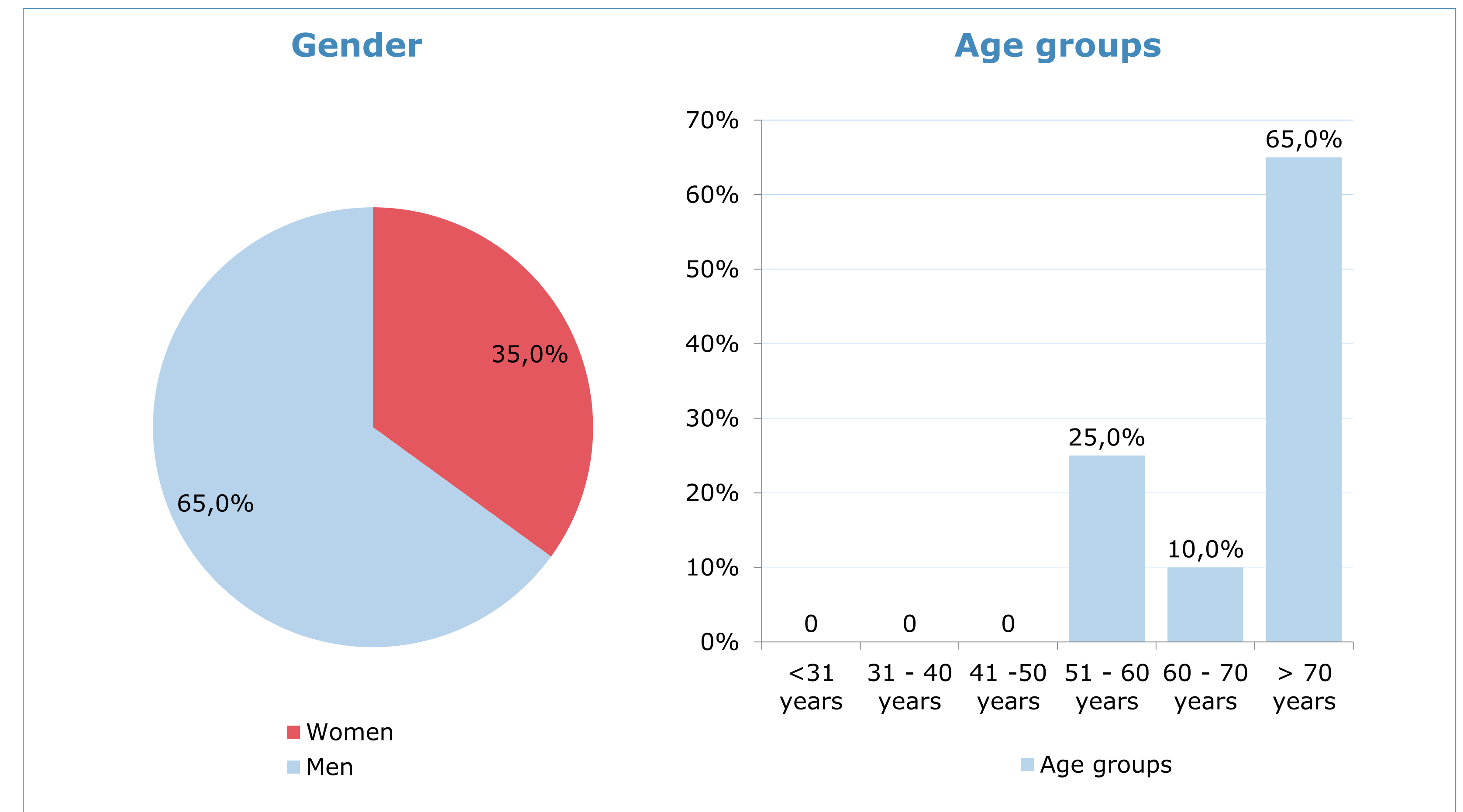
Disregarding the patients' needs means ignoring their dignity and fundamental rights that are considered ethically essential for their health.

Acknowledgment

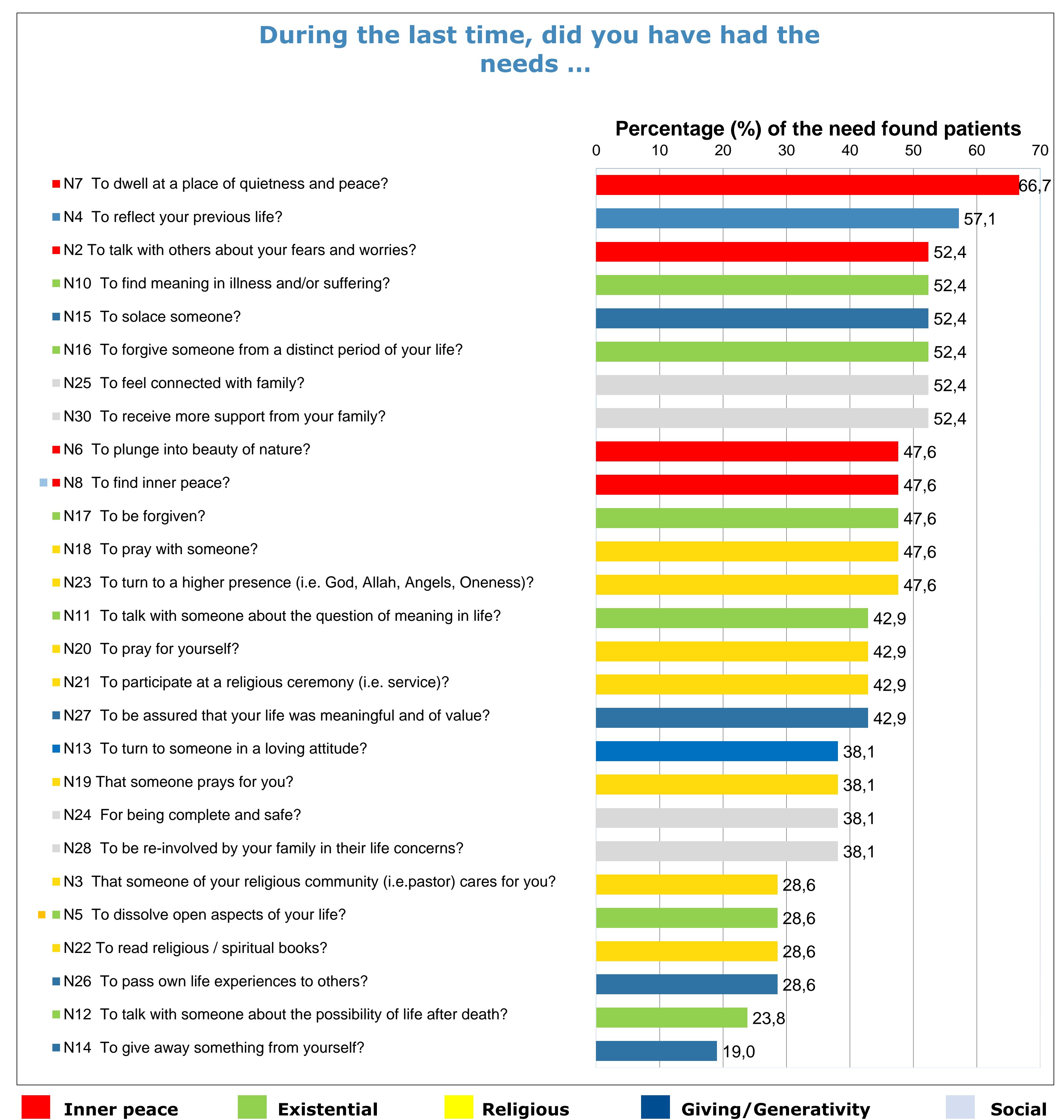
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Characteristics of 20 enrolled persons



Patients' needs