

# TREATMENT ADHERENCE IN PATIENTS ON MAINTENANCE HEMODIALYSIS

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## BACKGROUND

**Adherence** is the extent to which a patient's behavior (taking medications, following a recommended diet) corresponds with the agreed recommendations of a health care provider.

It assumes the patient's active participation in the treatment process.

**Factors requiring patient's adherence in hemodialysis:** frequency and length of dialysis sessions, dietary and fluid restriction, taking medications as prescribed

## AIMS

**A: retrospective study**

To reveal the association between adherence to hemodialysis prescription and survival.

**B: cross-sectional survey**

To assess patients' self-reported adherence to dialysis treatment, dietary restrictions and medication by using a Hungarian translation of the hemodialysis adherence questionnaire.

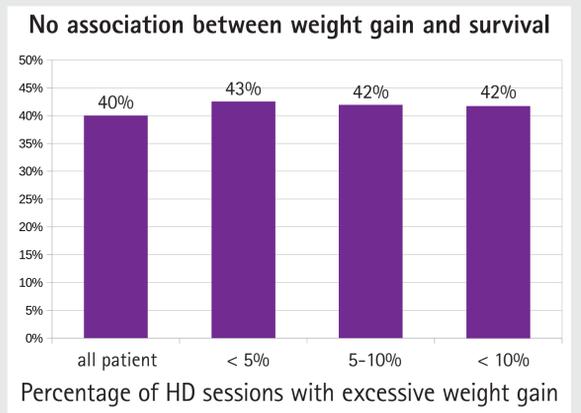
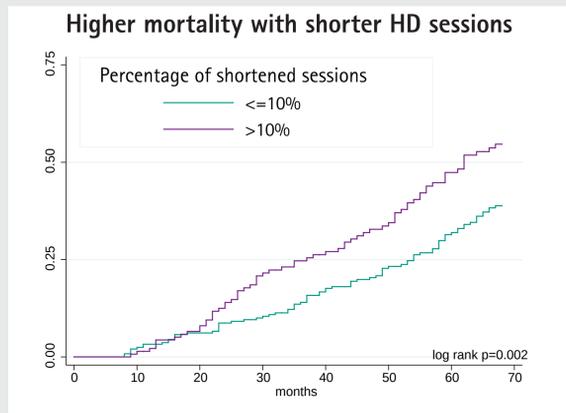
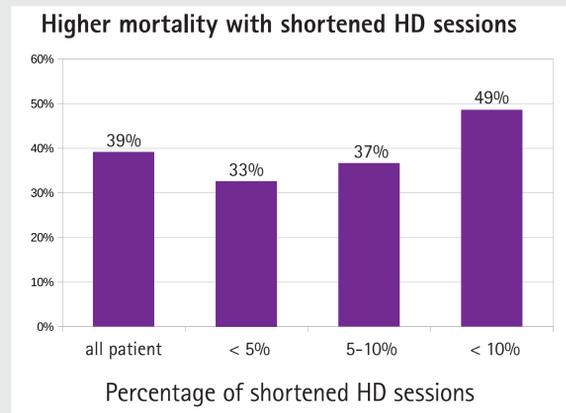
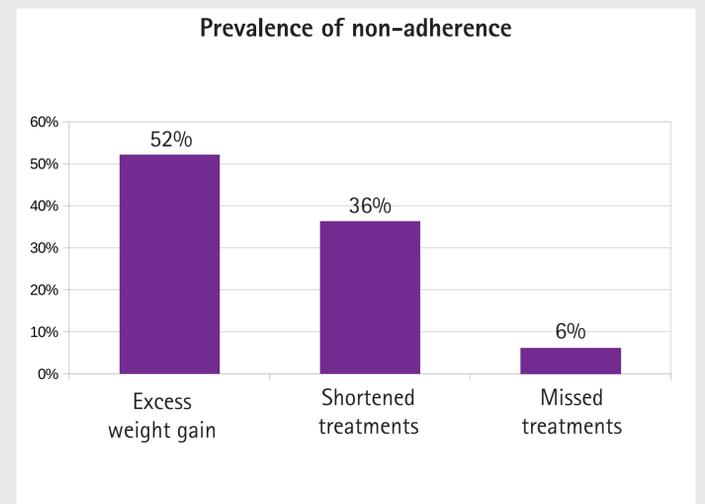
## METHODS - RETROSPECTIVE STUDY

2012-2017, single hemodialysis unit assessment of patient's adherence based on:

- proportion of shortened HD sessions more than 5 mins shorter sessions in more than 10% of all treatments
- interdialytic weight gain more than 5% weight gain in more than 5% of all treatments
- missed dialysis sessions missed dialysis treatments in more than 3% of all treatments

## PATIENT CHARACTERISTICS ( N=386 )

age	67.7 ±16.0 years
females	39%
diabetes	44%
basic weight	72.9 ±18.2 kg
dialysis vintage	18 months (0-335)
follow-up	58 months (8 - 68)
<b>OUTCOME</b>	
alive	40.9%
death	39.1%
transplanted	9.8%
lost follow-up	10.0%



## MEETHODS - CROSS SECTIONAL SURVEY

Self-reported adherence to

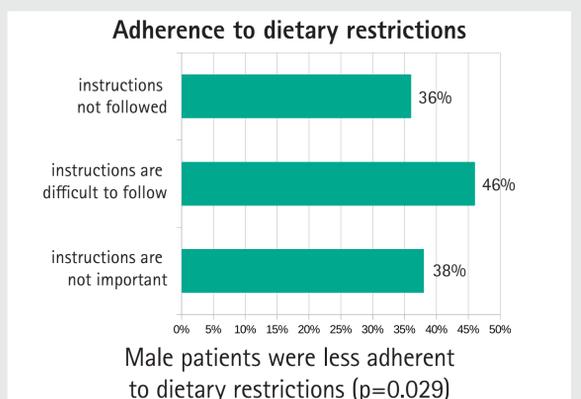
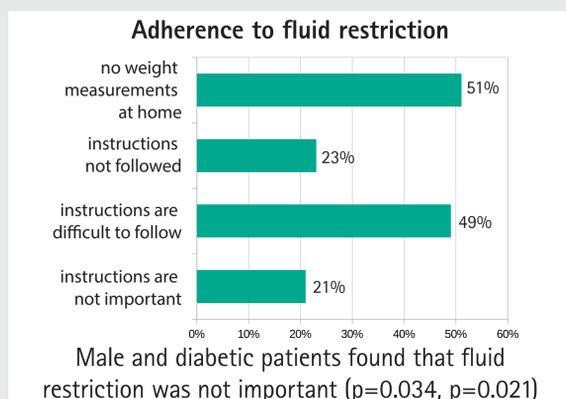
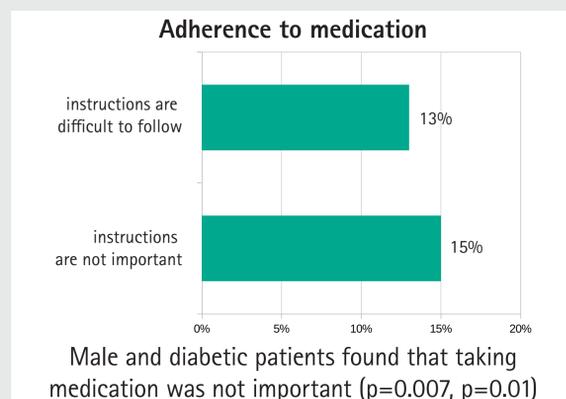
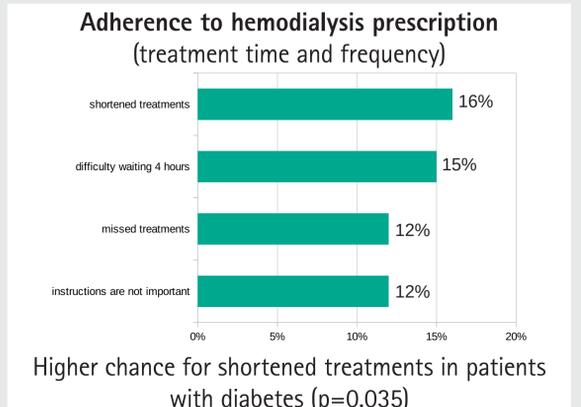
- dialysis prescription
- medication
- fluid restriction
- dietary restriction

Assessment:

- How difficult is it to follow the instructions?
- How important is it to follow them? (acceptance)
- How many times were the prescriptions violated?

## PATIENT CHARACTERISTICS ( N=73 )

age	66.5 ±12.5 years
female	41%
diabetes	45.6%
target weight	74.5 ±18.1 kg
dialysis vintage	32 months (5-374)
treatment time =4 hrs	88.6%
<b>TREATMENT TIME &lt; 4 HRS</b>	6.5%
HD 3 times / week	95%
HD 4 times / week	5%



## CONCLUSION

- Shortening hemodialysis sessions leads to higher mortality.
- Male and diabetic patients have inferior adherence and acceptance compared to other patients.
- Most patients do not take dietary and fluid restrictions seriously.

## RECOMMENDATIONS:

- Continuous education and re-education might increase adherence.
- Rationalizing medication is important (once daily dosing and stopping unnecessary drugs)
- Patients' self-reported adherence should be assessed on a regular basis. This by itself can lead to improved adherence.