

# COMPARISON OF SELF-CARE ABILITY AND LIFE SATISFACTION OF PATIENTS RECEIVING DIALYSIS AND HEALTHY INDIVIDUALS

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## Purpose

Dialysis patients face a number of difficulties caused by chronic illness, as well as many limitations caused by treatment and lifestyle changes. The aim of this study was to compare the patients receiving dialysis with healthy individuals in terms of self-care ability and life satisfaction.

## Material and methods

A total of 127 dialysis patients, 89 of whom received hemodialysis (HD) and 38 were treated with peritoneal dialysis (PD), and 90 healthy participants were enrolled in the study. The data were collected using a 28-item socio-demographic Questionnaire, Turkish Self-Care Ability Scale and The Satisfaction With Life Scale (SWLS) that were prepared by the research group. The groups were compared with each other in terms of socio-demographic characteristics, self-care ability and life satisfaction.

## Results

The proportion of women in the healthy group (66.67%) was higher than the dialysis group (44.88%) ( $p = 0.002$ ). It was found that the number of university graduate employees in the healthy group was significantly higher than the dialysis group ( $p = 0.000$ ;  $p = 0.000$ , respectively).

Dialysis patients were less able to perform their daily activities ( $p = 0.000$ ), therefore, they needed and received more support. Dialysis patients were less able to go out to eat, go on holiday, read newspapers and books, go to cinema and theater than healthy group (**Table 1**). There was no significant difference between the levels of self-care ability between the dialysis patients and healthy participants ( $p = 0.491$ ), and the life satisfaction levels of the healthy group were higher than the dialysis patients ( $p = 0.004$ ).

## Table 1:

### THE COMPARISON OF THE LIFESTYLES OF DIALYSIS PATIENTS AND HEALTHY PARTICIPANTS

	Dialysis Patient n (%)	Healthy Participant n (%)	P
Ability To Perform Daily Activities	90 (70.87)	83 (92.22)	0.000
Assistance In Daily Activities	72 (56.69)	14 (15.56)	0.000
Reading Newspapers	47 (37.01)	46 (51.11)	0.039
Reading Books	31 (24.41)	67 (74.44)	0.000
Going To Cinema	27 (21.26)	55 (61.11)	0.000
Going To The Theatre	8 (6.3)	35 (38.89)	0.000
Going Out To Eat	76 (59.84)	80 (88.89)	0.000
Going On Holiday	61 (48.03)	69 (76.67)	0.000

## Conclusion

The work and family life of dialysis patients is changing, and the chronic disease causes changes in the lifestyle of the patient. Probably, all of these changes may lead to a decrease in life satisfaction of the dialysis patient.