

# THE HIGHLIGHTED ROLE OF DIALYSIS NURSES IN IMPROVING THE QUALITY OF LIFE IN HAEMODIALYSIS

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The incidence of dialysed patients in Hungary in 2015 was 494 new patients per million population and prevalence at the end of the year was 645 patients per million population, which is high by European standards as well.

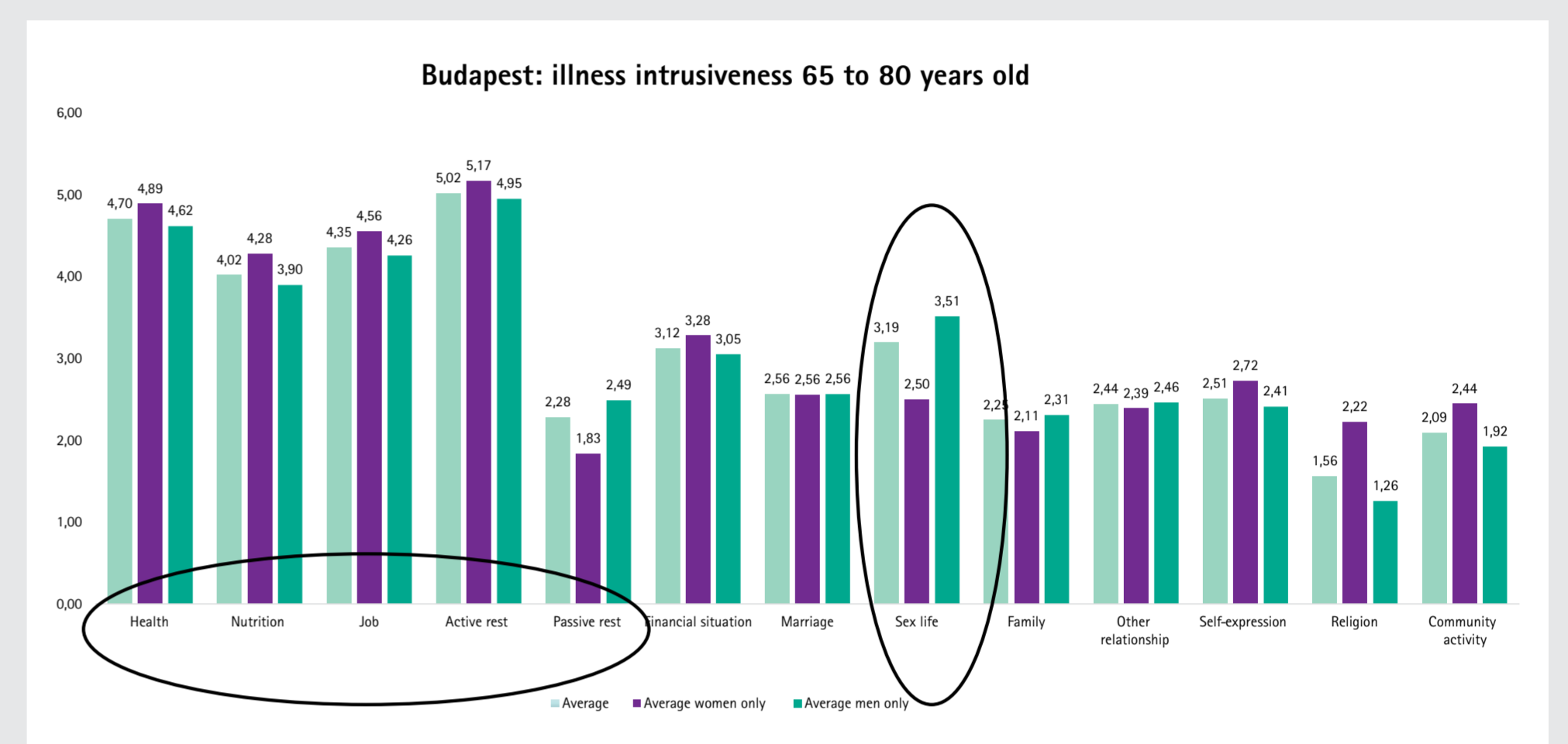
With the expected increase in life expectancy in dialysis, the need of patients for better quality of life and the desire to reduce illness intrusiveness caused by chronic comorbidities understandably arise.

## METHOD

107 of 165 patients on chronic haemodialysis filled out the Illness Intrusiveness Rating Scale questionnaire in 4 age groups (<40; 40-64; 65-80; >80 years). We followed the distribution of comorbidities and the Illness Intrusiveness Rating Scale in each age group.

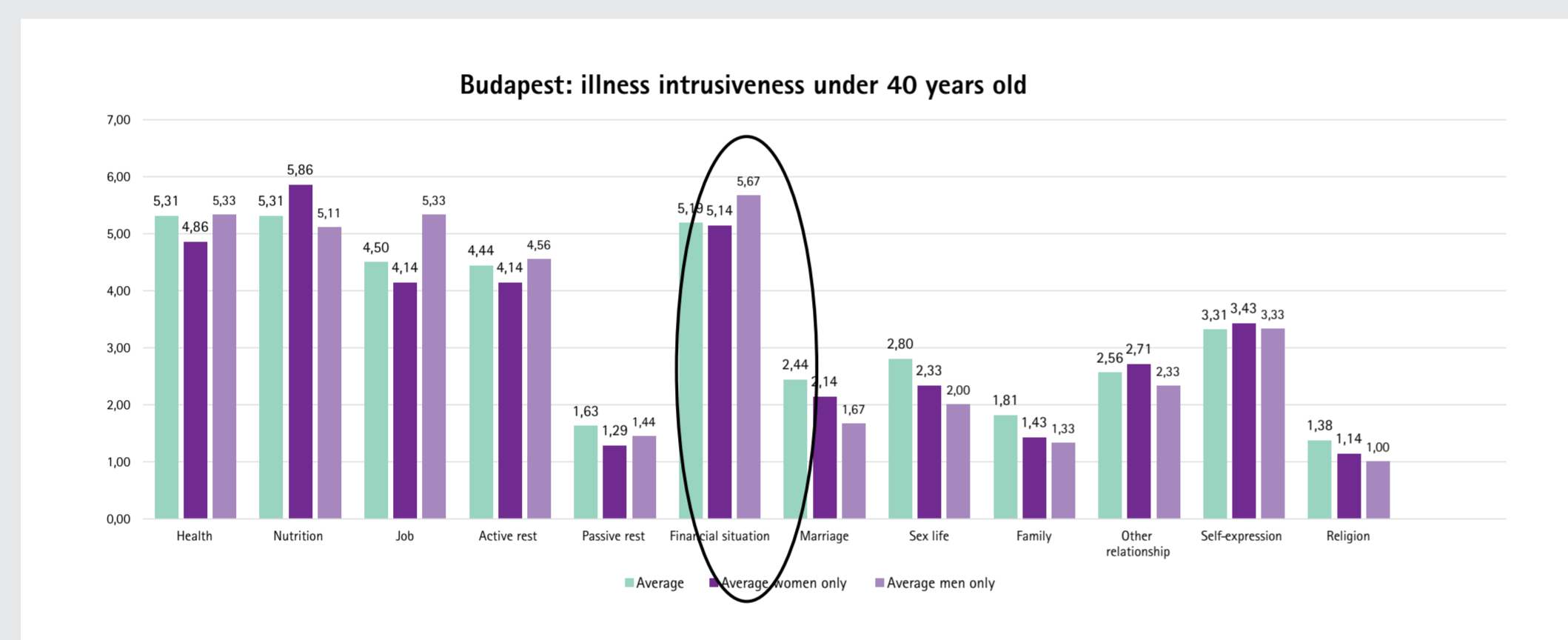
## OBJECTIVE

Our aim was to introduce patient support by dialysis nurses in haemodialysis. We measured the effect of 13 factors on the quality of life taking sex, age and comorbidities into consideration.

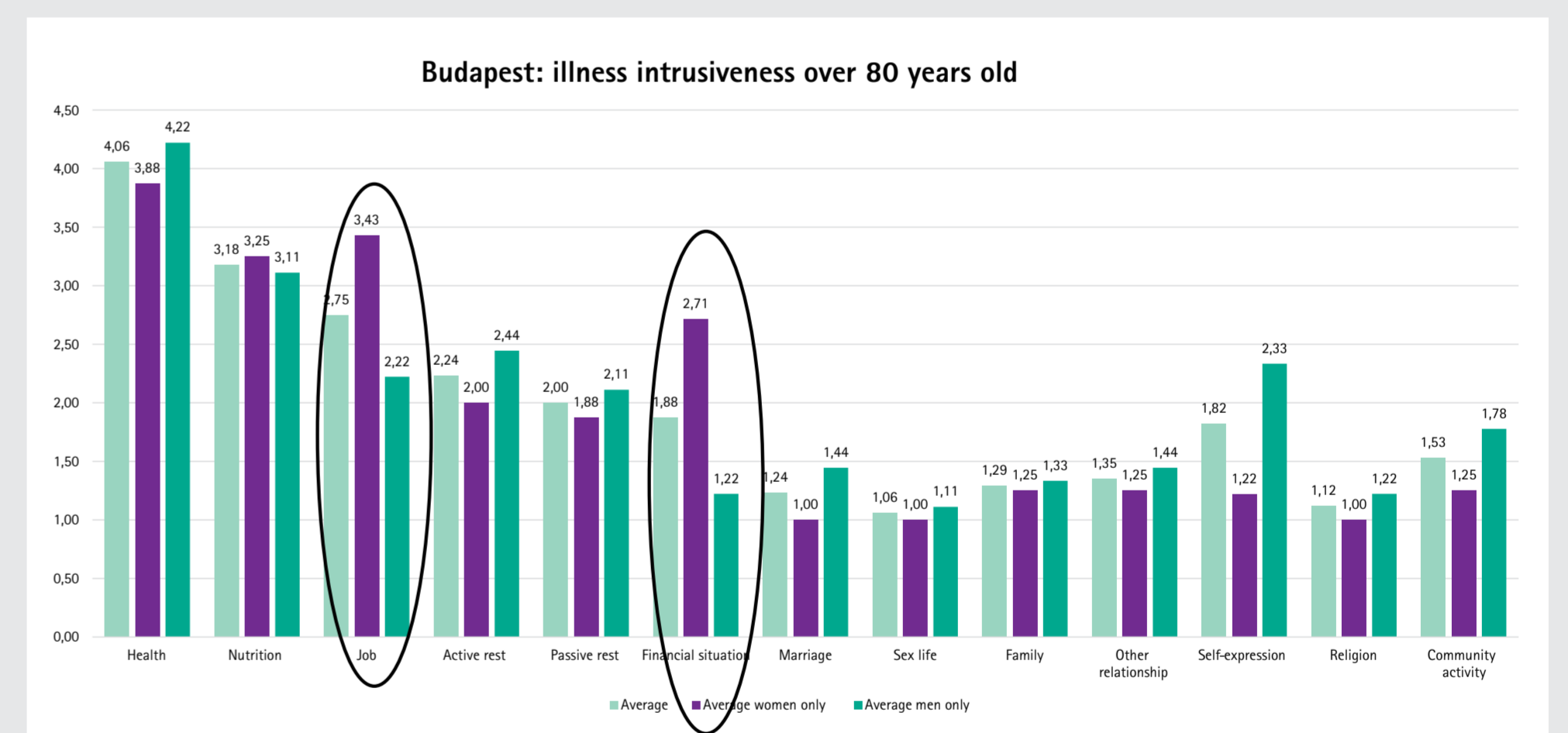


Comparing the 40-64 and 65-80 year-old age groups, the gender difference is less marked in the older generation except for sex life, where the illness intrusiveness rating of men is higher based on the answers of the older age group.

Among 40-64 year-olds all the illness intrusiveness ratings are higher, while the ratings for health, nutrition, job and active rest stand out in the older age group and a fall in the ratings is perceptible for the other factors.

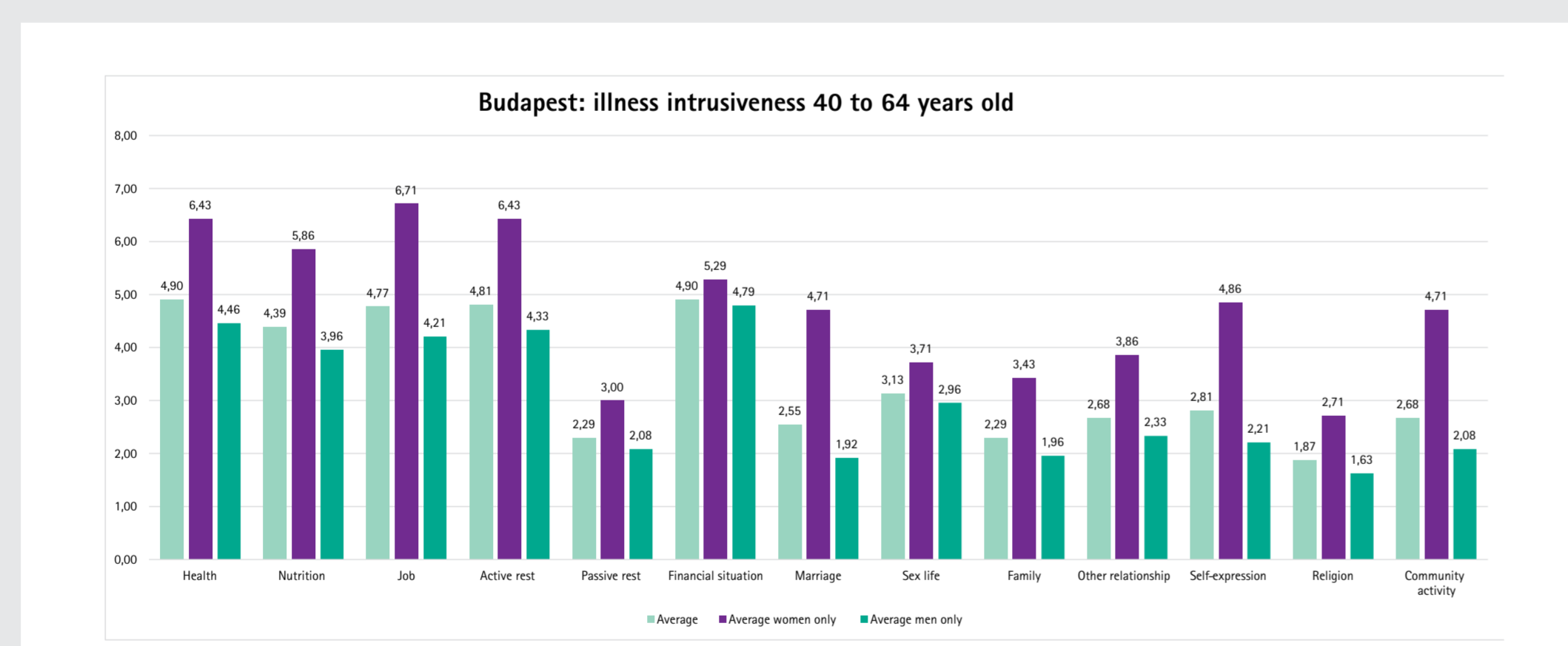


Financial situation plays a prominent role in all age groups but illness intrusiveness receives greater emphasis among the younger age group according to the questionnaire.



For women over 80 years old, job and financial situation are more pronounced, while for men in this age group active rest, self-expression and community activity are more marked.

Although the importance of financial situation decreases with advancing age, it still has a prominent role alongside health, job and nutrition compared to the other factors.



In the 40-64 year-old age group the illness intrusiveness rating is higher for every factor among women than men.

## RESULTS

The incidence of comorbidities is almost the same in the groups older than 40 years. 89-96% of the participants older than 45 have hypertension and 45-47% have diabetes. Malignancy often occurs with aging and heart disease is frequent among the elderly. The impact of illness is dominant regarding general health, nutrition and job in every age group. There is a difference between the age groups with regard to the judgement of the financial effect of the diseases. According to our questionnaire, quality of life is less affected over 80 years when compared to the results of international studies but has an important role among the younger population. Our purpose is to build up and manage a personalized project to help our patients.

## CONCLUSION

Impact factors are different by age. Results are comparable to international studies. Patients require help dedicated to their problems in the healthcare and social network. The engagement of a well educated dialysis nurse is prominent.