psychological factors in noncompliance among hemodialysis patients

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Noncompliance among HD patients

- None-adherence is **universally** recognized as one of the major clinical issues in the management of ESRD among Hemodialysis patient.

<table>
<thead>
<tr>
<th>Country</th>
<th>Fluid intake</th>
<th>Nutrition</th>
<th>Medication</th>
</tr>
</thead>
<tbody>
<tr>
<td>Germany &amp; U.S.A (N=456)(^1)</td>
<td>72.3%</td>
<td>80.4%</td>
<td></td>
</tr>
<tr>
<td>Iran (N=237)(^2)</td>
<td>45.2%</td>
<td>41.1%</td>
<td></td>
</tr>
<tr>
<td>Turkey (N=154)(^3)</td>
<td>95%</td>
<td>98.3%</td>
<td></td>
</tr>
<tr>
<td>Italy (N=1238)(^4)</td>
<td></td>
<td></td>
<td>52%</td>
</tr>
<tr>
<td>India (N=150)(^5)</td>
<td></td>
<td>37%</td>
<td></td>
</tr>
</tbody>
</table>
The psychological impact of HD

- Hemodialysis heavily violates the bio-psychosocial balance of the patient.
- HD patient tend to use neurotic and immature defense mechanisms (i.e. reversal reaction, denial, dissociation, projection, somatization and Splitting)\textsuperscript{6-8}
- Anxiety & Depression are the most common psychological issues among HD patient\textsuperscript{9}

+ Change in body image\textsuperscript{10,11}
+ Dependence on the machine & clinical team
+ Numerous restrictions

\[
\text{Low self-esteem}^{12,13} \\
\text{Loss}^{10,14-15} \\
\text{Hopelessness}^{10,16} \\
\text{Ineffective psychological defense/coping mechanisms}^{6-8} \\
\text{Anxiety & Depression}^{17-19} \\
\text{Noncompliance}^{20,21}
\]
Immature defenses
Passive aggression, Acting out, Dissociation, Projection
Autistic fantasy: Devaluation, Idealization, Splitting

Neurotic (intermediate) defenses
Intellectualization, Isolation, Repression, Reaction formation,
Displacement, Somatization, Undoing, Rationalization

Mature defenses
Suppression, Altruism, Humor, Sublimation
The psychological impact of HD

- Hemodialysis heavily violates the bio-psychosocial balance of the patient.
- HD patient tend to use neurotic and immature defense mechanisms (i.e. reversal reaction, denial, dissociation, projection, somatization and Splitting)
- Anxiety & Depression are the most common psychological issues among HD patients.
Treat the ETHIOLOGY not the symptom

Cognitive Behavioral Therapy (CBT)\textsuperscript{24};

- significant improvements in depression, quality of life, and prescription compliance.

Psychosocial influencers\textsuperscript{25};

- Self-efficacy promotion and the support of family or healthcare providers could diminish the negative impact of depression on adherence.
Thank you

Psychological assessment helps
References


