

Introduction

- Non-adherence is universally recognized as one of the major clinical issues in the management of ESRD among Hemodialysis patients.

Research Objectives

- To look for unique psychological characteristics responsible for the high prevalence of non-compliance among Hemodialysis patients.

Methods

- Google Scholar & Pub-Med were searched for relevant articles where the following key words were used: ESRD, Adherence, Hemodialysis and Psychology.
- We reviewed a total of 40 articles: of which 17 were related to adherence among CKD/ESRD patients, 23 were related to psychological issues among these patients.

Results

- Hemodialysis causes adverse changes in patients' self-perception including negative feelings (i.e. low self-esteem, loss and hopelessness) which contribute to anxiety, depression and lower adherence.
- Hemodialysis patients tend to use ineffective psychological defense mechanisms.
- The use of neurotic and immature defense mechanisms (i.e. reversal reaction, denial, dissociation, projection, somatization and splitting) is more common among hemodialysis patients compared to the healthy population and to non-dialytic chronically ill patients.
- Cognitive Behavioral Therapy and psychological interventions for strengthening self-esteem have been shown to be effective.

Summary & Conclusions

- The use of immature defense mechanisms among hemodialysis patients may be the leading cause of high prevalence of noncompliance.
- A none-drug psychological intervention is essential among HD patients for improving compliance with treatment.

