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Quality of Life of Patients Undergoing Hemodialysis

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Introduction

Chronic Renal Failure (CRF) → Chronic disease with negative impact on the quality of patients' life.
Profession - Income - Social status - Interpersonal Relationships - Diet



Necessary the study of the impact of CRF on a Biological, Psychological and Social level for the survival of the patients and the improvement of the quality of their life.

Aim – Material – Method of Study

- **Descriptive study** by the method of the structured interview to investigate the Quality of patients' Life undergoing Chronic Hemodialysis.
- **Dialysis Unit** in a Public Hospital in Athens, Greece, **from January 2016 to March 2016**.
- Official Greek version of the **WHOQOL-BREF Questionnaire** (WHO) to measure the health related quality of the patients' life → 30 Questions grouped into Subscales giving a Rating Score.

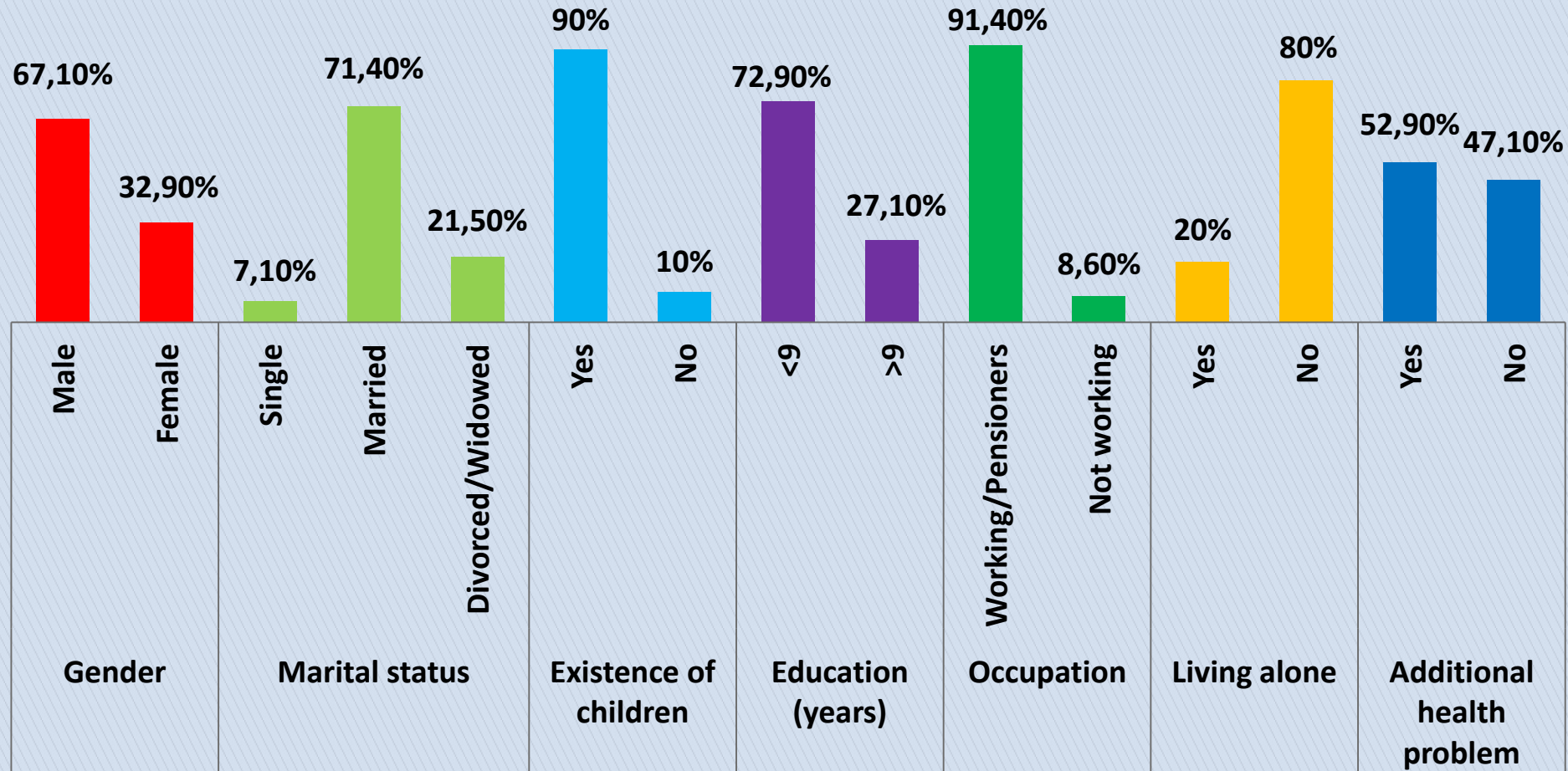
A higher Score suggests a better Quality of Life.



Whoqol-bref Subscales	Points
Overall Quality of Life	1 - 5
General Health	1 - 5
Physical Health	4 - 20
Psychological Health	4 - 20
Social Relationships	4 - 20
Environment	4 - 20

Aim – Material – Method of Study

➤ Study sample **70 patients** with a mean age of 68,5 years, undergoing Chronic Hemodialysis.

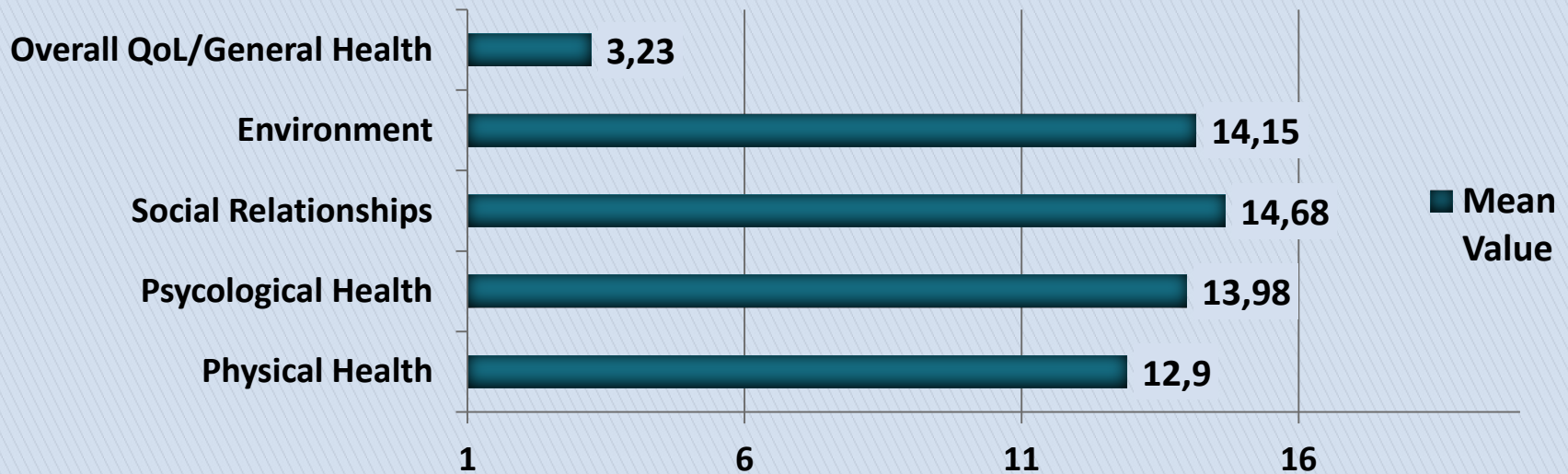


Results - Whoqol-bref Points

	Overall QoL/General Health	Physical Health	Psychological Health	Social Relationships	Environment
Male	3,2	12,92	13,87	14,29	13,9
Female	3,28	12,85	14,21	15,48	14,65
Age <68	3,47	12,77	13,65	14,31	14,31
Age >68	2,86	13,03	14,31	14,39	13,86
Single	2,8	11,78	13,2	16	12,9
Married	3,34	13	14,05	14,33	14
Divorced/Widowed	3	12,95	14,01	15,41	15,07
Children yes	3,24	12,89	14,01	14,54	14,22
Children no	3,14	12,99	13,77	16	13,5
<9 Years of Education	3,14	12,75	13,79	14,3	13,85
>9 Years of Education	3,47	13,28	14,49	15,71	14,95
Working/Pensioners	3,5	14,85	15,6	14,4	14
Not working	3,19	12,65	13,77	14,72	14,17
Living alone	2,79	13,11	14,15	15,54	14,75
Not living alone	3,34	12,85	13,94	14,47	14
Additional health problems	2,97	11,64	13,37	14,83	13,97
No additional health problems	3,52	14,31	14,67	14,52	14,34

Conclusions

Whoqol-Bref Domains



✓ The results of this study show:

- Patients show above average scores in all Whoqol-bref Subscales, with the higher score being in Social Relationships.
- Single patients and patients with additional health problems show lower scores in Physical Health, Psychological Health and Overall QoL/General Health subscales.
- On a practical level the results can reinforce health professionals in providing appropriate healthcare, adapted to the individual needs of each patient.

✓ In conclusion, further study of the patients' age, sex, education level, social/economic status, and CRF factors is essential in order to create a tailor-made holistic treatment program, adjusted to the specific needs of each patient.

✓ The goal is to allow the patients undergoing Chronic Hemodialysis to enjoy life to its fullest possible extent.

Thank you for your attention!

