

Renal Patients' Symptom Experience and Quality of Life in Their Last Year of Life

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Funded by: National Health and Medical Research Council (NHMRC) CRE-ELC

Study Methods

Aim: To measure CKD patients' symptoms and quality of life over 12 months prior to their death

Design: Prospective longitudinal with data collected at regular intervals from multiple sources for a 12 month period or until death.

Target sample: n=20 patients (see poster for inclusion/exclusion criteria)

- n=10 Non-RRT (CKD Stage 4 or 5)
- n=10 RRT (CKD Stage 5D)

Data: Participant self-report and clinical records

Key Results

- Age: range 42-90 years
- Study entry to death: range 101-330 days
- CKD Symptom Burden Index scores
 - high with little change over 12 months
 - non-dialysis scores higher
- Physical function scores did not change much over 12 months
- Quality of life scores did not change over 12 months
 - Independent living scores much lower than other dimensions

Implications for Practice

- ✓ Symptom burden seems higher than both terminal cancer and other organ failure
- ✓ There is a long and slow decline in functional ability and participants became accustomed to their limitations and quality of life
- ✓ Important to routinely assess symptoms and functional performance in all patients with advanced CKD (stages 4 and 5) using simple tools (e.g. iPOS-Renal & Karnofsky Performance Scale)
- ✓ Earlier involvement of supportive/palliative care health professionals – *as this helps patients cope with living, as well as dying, regardless of life expectancy*