

Living with chronic kidney disease: is it possible to adapt?

Catarina Cunha¹, Isabel Lage², Helena Rafaela Rosário², Manuela Fonseca¹, Joaquim Pinheiro^{1,3}, João Fazendeiro Matos⁴, Maria Teresa Parisotto⁵

¹Fresenius Medical Care, Dialysis Centre NephroCare, Fafe – Portugal; ²Nurse School, Minho University, Braga – Portugal; ³Bioethics Institute, Portuguese Catholic University, Porto – Portugal; ⁴Fresenius Medical Care, NephroCare Portugal, Porto – Portugal; ⁵Fresenius Medical Care, Nursing Care Coordination, Bad Homburg – Germany

Introduction

One of the consequences of the increasing average life expectancy in the overall population is the higher number of people with Chronic Kidney Disease (CKD) requiring renal replacement therapies. Older people on dialysis often have comorbidities aggravating their disease and their capacity to be independent resulting in a higher level of care needed¹.

Previous studies showed that people with CKD suffer because of the time they spend on haemodialysis treatment, a situation beyond their control requiring adaptation^{2,3}. In addition, they feel restricted in their freedom, because they are "tied" to the dialysis machine².

Objectives

To understand the patients' subjective experiences with CKD.

Methods

This is a phenomenological, descriptive, exploratory study using a qualitative approach. Six patients with end-stage kidney disease who had recently been transplanted were included in this study and open interviews were developed. Results were recorded and transcribed verbatim and analysed using hermeneutic framework.

Results

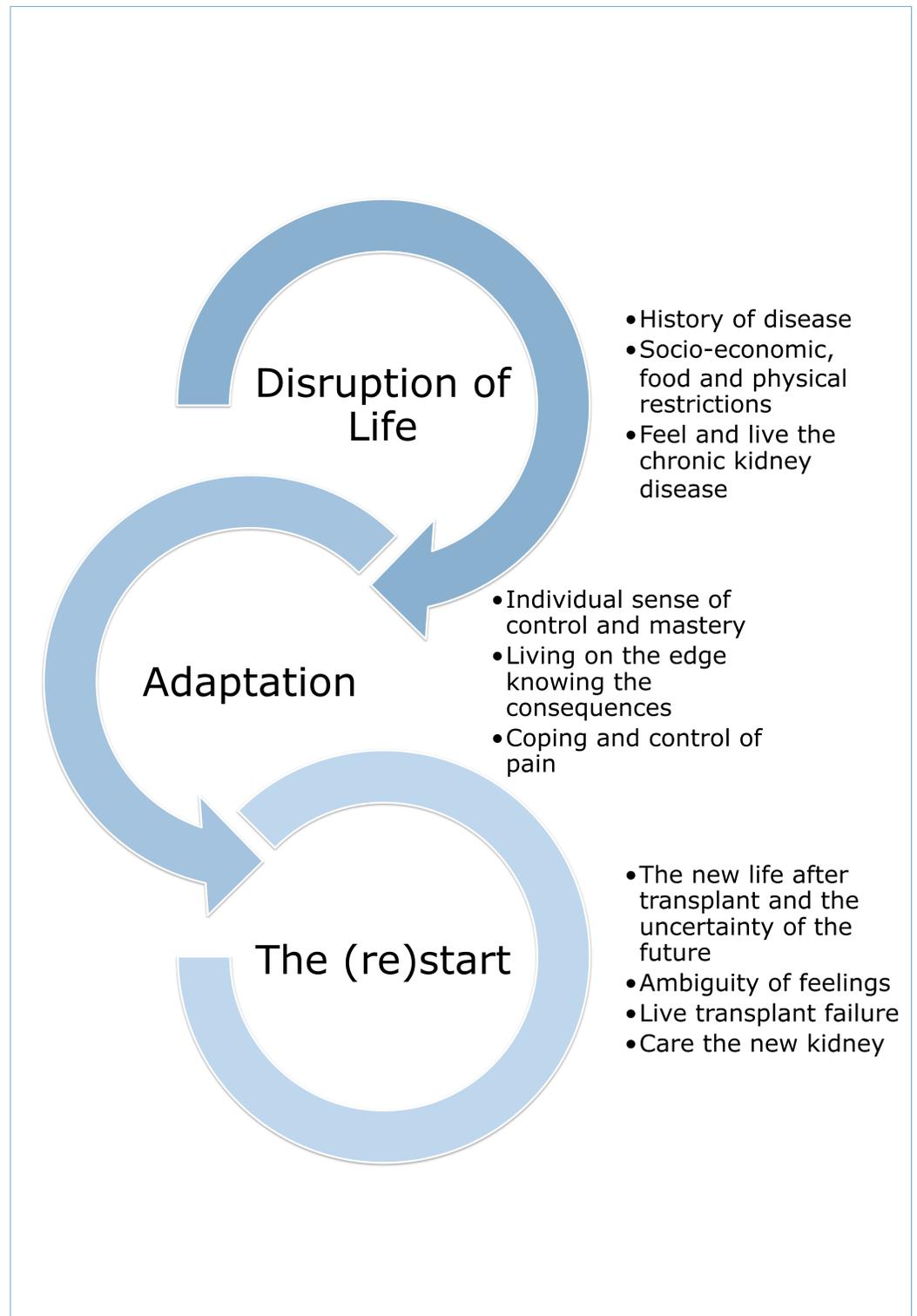
Analysis of the experiences of patients under regular haemodialysis programme was performed to provide thematic and structural descriptions. After analysis of the interviews, three main themes were determined, such as *Disruption of Life*, *Adaptation* and *The (re)start*, each divided into sub-themes.

Conclusion

Patients reported that haemodialysis caused a disruption in their lives requiring adaptation to the new circumstances and integrate the disease and treatment into their daily lives by means of coping strategies. Any approach to the management of health problems must involve and integrate this knowledge in order to enable improvement of the nursing interventions outcomes.

References

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Picture 1: Structure of the lived experiences by people with CKD after transplant