

EXAMINATION OF THE RELATIONSHIP BETWEEN HEALTH LITERACY AND HEALTH PERCEPTION IN HEMODIALYSIS PATIENTS

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INTRODUCTION

Health literacy is defined as “people’s knowledge, motivation and competences to access, understand, appraise and apply health information in order to make judgements and take decisions in every-day life concerning health care, prevention and health promotion to maintain or improve quality of life during the life course” (Sorensen et all, 2012).

INTRODUCTION

Successful treatment of chronic kidney disease (CKD) requires self-management of patients and individual participation in the process.

The high level of health literacy of the patients and positive health perceptions are effective in the treatment adaptation.

When the literature is examined, it is seen that hemodialysis patients have low health literacy and health perception levels.

OBJECTIVE

This study was conducted to examine the relationship between health literacy and health perception of hemodialysis patients.

MATERIAL AND METHODS

- This descriptive study was conducted with a total of 110 patients at the two dialysis centers.
- The data were collected using three forms:
 - Patients Information Form
 - Health Literacy Index (HLI)
 - Health Perception Scale (HPS)

Health Literacy Index

- It is a 5-point likert type scale developed by Sorensen.
- The scale consists of 25 items and four subscales; Information Access Five (minimum: 5 points, maximum: 25 points), Information: seven (min: 7 points, max: 35 points), Appraisal / Assessment: eight (min: 8 points, max: 40 points) Apply: five items (min: 5 points, max: 25 points).
- The minimum score to be taken from the scale is 25 and the maximum score is 125.

(Sorensen ve et all., 2013; Toci et all, 2013)

Health Perception Scale

- Developed by Diamond and colleagues in 2007. It is a 5-likert type measure consisting of 15 items.
- The scoring ranges from 15 to 75. As the score of the scale increases, the perception of health increases.
- The scale has 4 sub-scale. These are center of control, certanity, self- awareness, Importance of health.

(Diamond et all., 2007; Kadioğlu ve ark., 2012)

MATERIAL AND METHODS

- Permission was obtained from the ethics committee of the Cumhuriyet University.
- Analyses were performed using SPSS version 22.0 statistical software.

RESULTS

Tablo 1. Sociodemographic Characteristics Of Patients

CHARACTERISTICS	NUMBER (%)
Age	
18-25 old	2 (% 1.8)
26-35 old	2 (%1.8)
36-45 old	
46-65 old	
65 and over	
Gender	
Female	
Male	54 (%49.1)
Occupation	
Officer	5 (%4.5)
Worker	6 (%5.5)
Retired	37 (%33.6)
House wife	53 (%48.2)
Self-employment	8 (%7.3)
Student	1 (%0.9)

50.9% of the patients were women,
 54.5% were between the ages of 46-65,
 48.2% were house wives.

RESULTS

Tablo 1. Sociodemographic Characteristics Of Patients

Education	
Illiterate	15 (%13.6)
Literate	23 (%20.9)
Primary school	53 (48.2)

In the study, 48.2% of patients were primary school graduates, 62% have been on hemodialysis treatment for 0-4 years, 39.1% have been CKD disease for 0-5 years.

0-4 years	62 (%50.4)
5-9 years	29 (%26.4)
10-14 years	8 (%7.3)
15 years and over	11 (%10)
CKD disease duration	
0-5 years	43 (%39.1)
6-10 years	30 (%27.3)
11-15 years	24 (%19.1)
15 years and over	16 (%14.5)

RESULTS

- The health care literacy index averages of the patients were 77.40 ± 12.94 and the appraisal of the subscales was the highest.
- The mean score of the health perception scale was found to be 47.56 ± 4.10 .

RESULTS

Tablo 2. Scales Scores by Some Sociodemographic Charecteristics

Features	Health Literacy Index X _± SD	Statistical test	Health Perception Scale X _± SD	Statistical test
Gender				
Female	78.63 ± 11.9	KW:37.56 p:0.00	48.0 ± 3.70	KW:2.60 p:0.625
Male	73.05 ± 12.01		46.9 ± 4.05	
Age				
18-25	78.63 ± 11.9	KW:37.56 p:0.00	48.0 ± 3.70	KW:2.60 p:0.625
26-35	73.05 ± 12.01		46.9 ± 4.05	
36-45	78.63 ± 11.9		48.0 ± 3.70	
46-65	73.05 ± 12.01		46.9 ± 4.05	
65 years and over	78.63 ± 11.9		48.0 ± 3.70	
Occupation				
Officer	95.8 ± 17.06	KW:37.56 p:0.00	49.8 ± 6.01	KW:2.60 p:0.625
Worker	86.0 ± 12.85		46.66 ± 5.57	
Retired	82.9 ± 11.9		48.08 ± 4.35	
House wife	70.0 ± 9.30		46.88 ± 3.56	
Self-employment	81.5 ± 5.04		48.2 ± 3.7	
Student	89.00 ±		53.0	

When socio-demographic characteristics were examined, male gender, patients aged 36-45 years and officers was found to higher health literacy levels.

RESULTS

Tablo 2. Scales Scores by Some Sociodemographic Charecteristics

Features	Health Literacy Index X _± SD	Statistical test	Health Perception ScaleX _± SD	Statistical test
Education				
Illiterate	65.87 _± 10.1		46.3 _± 3.93	
Literate	69.27 _± 8.4		47.5 _± 3.6	
Primary				
High school				
University				
<p>Likewise, higher educational level and longer period of CKD was found to higher health literacy levels. In terms of socio-demographic characteristics, there was no difference between them in terms of health perception.</p>				
0-4 years				
5-9 years				
10-14 years				
15 years and over	83.45 _± 10.75		48.0 _± 2.7	
CKD disease duration				
0-5 years	73.48 _± 12.4		46.7 _± 3.7	
6-10 years	75.36 _± 11.8	KW: 13.7 p:0.003	47.3 _± 4.4	KW: 6.83 p:0.077
11-15 years	84.0 _± 14.0		49.6 _± 4.0	
15 years and over	83.0 _± 10.17		47.5 _± 3.9	

RESULTS

Tablo 3. Relationship between health literacy and health perception

<u>Health Perception Scale</u>		<u>Center of Control</u>	<u>Certainty</u>	<u>Self-awareness</u>	<u>Importance of Health</u>	<u>Total Score of Health Perception Scale</u>
<u>Health Literacy Index</u>						
<u>Information Access</u>	r	.351**	.378**	.097	-.164*	.405**
	P	.000	.000	.157	.044	.000
<u>Information Appraise</u>	r	.315**	.440**	.097	-.162*	.418**
	P	.000	.000	.157	.046	.000
<u>Information Apply</u>	r	.090	.358**	.247**	.083	.374**
	P	.175	.000	.005	.194	.000
<u>Total Score of Health Literacy Scale</u>	r	.344**	.477**	.145	-.160*	.473**
	P	.000	.000	.066	.047	.000

A positive statistically significant relationship was found between health literacy and health perception.

*Pearson Correlation

DISCUSSION AND CONCLUSION

- Similar to our study by Yanmış et al (2016), the mean score of health perception of the subjects who received hemodialysis treatment was 44.07 ± 8.42 .
- Besides, it has been determined that the frequency of non-adherence to diet and fluid restriction decreases as the health perception improves.

DISCUSSION AND CONCLUSION

- In our study, health literacy increased inversely with age.
- In the research conducted by Çimen et al (2015), the factors such as younger age, higher level of education and income, higher health perception and better quality of life were reached as positive result of health literacy.

A Cross-Sectional Comparison of Health Literacy Deficits Among Patients With Chronic Kidney Disease

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As a result of this study male gender an education level were significantly associated with inadequate health literacy. But, according to our study results male health literacy scores were higher.

Inadequate health literacy in people with chronic kidney disease (CKD) is associated with poorer disease management and greater complications. There are limited data on the health literacy deficits of people with CKD. The aim of this study was to investigate the types and extent of health literacy deficits in patients with CKD using the multidimensional Health Literacy Management Scale (HeLMS) and to identify associations between patient characteristics and the domains of health literacy measured by the HeLMS. Invitations to participate were sent to patients with CKD attending the renal unit of a regional Australian hospital. These patients included predialysis, dialysis (peritoneal and hemodialysis), and kidney transplant patients. This study identified that inadequate health literacy—especially in the domains relating to attending to one’s health needs, understanding health information, social support, and socioeconomic factors—was common. Male gender and education level were significantly associated with inadequate health literacy. The type and extent of health literacy deficits varied among CKD groups, and transplant patients had more deficits than other CKD patient groups. This study provides useful information for health professionals treating patients with CKD, especially with regard to the design of self-management interventions and health information.

CONCLUSION

It has been found that there is a positive relationship between the level of health literacy and health perception in the direction of research findings.

The health literacy and health perceptions of the patients should be increased in order for the hemodialysis treatment process to be effective.

CONCLUSION

At this stage, it is seen that nurses and health personnel interacting with the patient have an important role in evaluating the patients and providing education and informations when necessary.

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