

Study about changing quality of life in chronic dialysis program

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Introduction

Quality of life (QOL) is one of the most important aspects (or rather the most important aspect) for patients treated in a dialysis program.

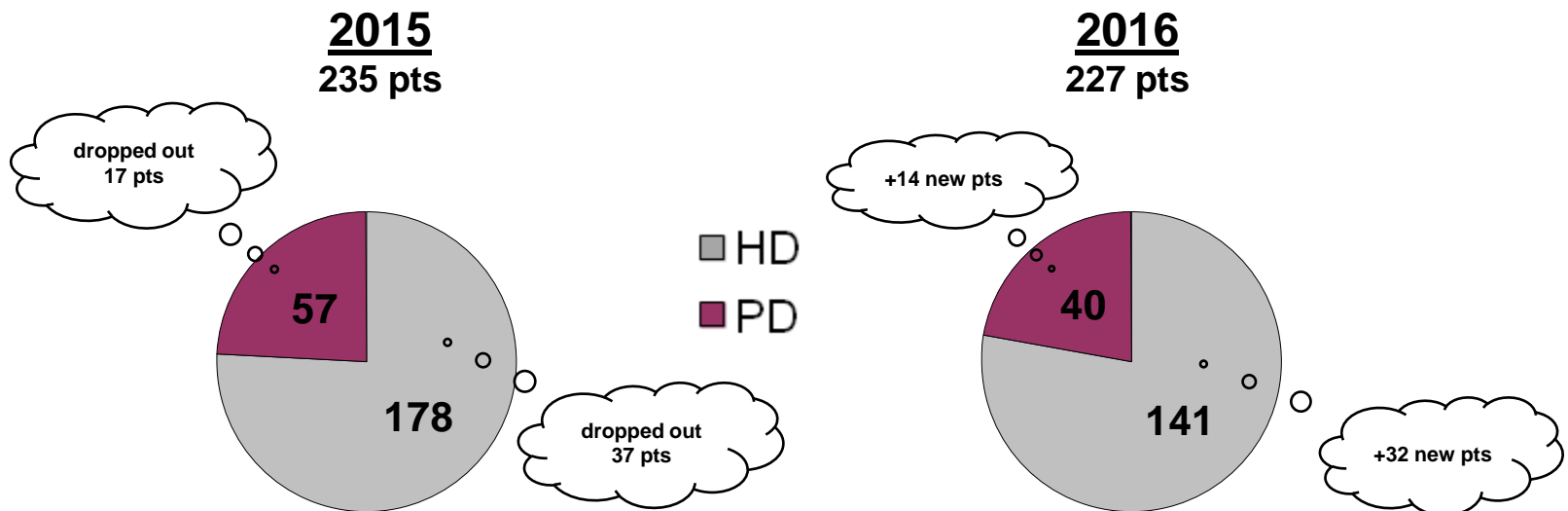
Objective

We checked the changes in opinions of chronically treated patients and analyzed the first experiences of new ones.

Patients, method

We analyzed the QOL of 235 patients in 2015 (178 haemodialyzed-HD and 57 peritoneal dialyzed-PD) with combined questionnaires (also using certain elements of the EQ-5D and SF-36 methods). 181 of them were on dialysis (141 HD, 40 PD) and were asked about QOL in 2016 and we involved 46 new patients (32 HD, 14 PD) into the study.

The distribution of patients



HD			PD	
2015	2016	<u>The rate of patients</u>	2015	2016
53%	55%	under nephrological care before dialysis treatment	74%	76%
93%	92%	general health status is acceptable or good	93%	93%
74%	74%	patient's health status is better or unchanged compared to a year ago	83%	80%
92%	97%	patients who would even now take the dialysis treatment	97%	93%
7%	7%	patients are disappointed with their expectations of dialysis	2%	3%
17%	17%	severe inability to move (except bedridden ones)	7%	15%
2%	3%	bedridden	4%	-
71%	71%	self-supplying	77%	55%
7%	11%	patients feel severe pain	5%	13%
8%	11%	decadence of patient's general state of health	9%	10%
15%	16%	anxiety, depression, sleep disturbance	5%	15%
4%	6%	patient have experience problems with performing their usual (shopping, housework, family / leisure) activities	5%	3%



Conclusion

- 73% of PD patients and only 53% of HD patients had nephrological care before dialysis.
- More than 90% of patients would even now take the treatment at both modalities.
 - The patients who had previously got into dialysis program considered their condition to be good or acceptable and did not change their opinion a year later.
- Our new patients feel their condition worse and their expectations of dialysis treatment are more unrealistic than that patients, who stated dialysis earlier.

