

Assess the Quality of Life of Chronic Renal Failure Patients Undergoing Haemodialysis Treatment



*Anju Nair, **Prof. Manju Joshi, ***Dr. Pradeep Salgia

Abstract

Evaluation of quality of life provides a unique subjective measure of the impact of illness on the patient's physical, psychological and social functioning. Therefore, a study was conducted to assess the quality of life of chronic renal failure patients undergoing haemodialysis treatment at selected hospitals of Indore. A total of 100 samples were selected as the participants through non probability purposive sampling technique. Consent was taken from the participants and modified KDQOL-SF-36 Kidney Disease Quality of Life-Short Form (KDQOL-SF™) medical outcome rating scale was administered to each sample. Findings of the study revealed that, majority, 84 (84%) of chronic renal failure patients undergoing hemodialysis treatment had poor quality of life. The dimension that mostly affected the quality of life of Chronic Renal failure patients was 'role limitation' due to physical health. And, the least affected dimension was the 'body pain'. Significant association was found between the quality of life and selected demographic variables like age, educational status, occupation and economic status at the level $p=0.05$. Significant association was also found between the quality of life and selected clinical variables like associated illness and previous illness & treatment at the level $p=0.05$.

Keywords: Quality of life, Chronic Renal Failure patients, Hemodialysis treatment, modified KDQOL-SF-36 medical outcome rating scale.

Background

Chronic Kidney Disease (CKD) is a worldwide threat to public health and estimate of the global burden of the diseases reports that, diseases of the kidney and urinary tract contribute to 830000 deaths annually and 18867000 disability-adjusted life years (DALY), making them the 12th highest cause of death (1.4% of all deaths) and the 17th cause of disability. CKD is the most devastating medical, social and economic problem for patients and their family in our country. With an estimated new cases of end stage renal disease of 100 per million people in a year globally, there could be 1 lakh patients from India (Shyam C. et al. 2007).¹

Based on the current Indian population of 1.2 billion, even a conservative estimate of End Stage Renal Disease

(ESRD) burden in India would suggest that about 1,650,000 to 2,200,000 people develop ESRD every year. Out of these, only about 10% or less receive renal replacement therapy. (Sreejith Parameswaran, 2012)²

Chronic kidney disease (CKD) is a global threat to health in general and for developing countries in particular, because therapy is expensive and life-long. In India 90% patients cannot afford the cost. Over 1 million people worldwide are alive on dialysis or with a functioning graft. Incidence of CKD has doubled in the last 15 years (Agarwal SK et al 2005)³

A study of Quality of Life in CRF patients means investigating to what degree the disorder and its treatment interfere with well-being during the different stages of illness. Evaluation of quality of life provides a unique

*Ms. Anju Nair, M.Sc. (N), *Lecturer, R.D.Gardi College of Nursing, Ujjain

Email: anjunair14@gmail.com Mob: 09098391820