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Living on Dialysis-Quality of life and Clinical Variables of Patients on Hemodialysis and Hemodiafiltration

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End stage renal disease is a chronic terminal illness which affects the daily lives of patients confronted by changes in their health status, life styles and roles. The disease can have an impact on patients' quality of life, potentially affecting their physical and mental health, functional status and independence. Advancing dialysis technology helped renal patients to live better with their disease. However, in current patient population morbidity and mortality rates are high. Summing up, quality of life may be the most critical outcome for those undergoing hemodialysis next to mortality and morbidity. Faced with shortcomings of conventional dialysis on a long-term basis, a need for a new strategy exists to improve the overall quality of treatment in renal patients. Hemodiafiltration is an alternative to hemodialysis proposed for renal patients, with the aim of improving patient outcomes in terms of morbidity, quality of life and mortality. This research aims to investigate the quality of life and the clinical variables of patients on hemodialysis and hemodiafiltration. Descriptive comparative surveys of 69 patients were conducted using a convenience sampling method. Quality of life assessed using Kidney disease Short Form Survey Questionnaire. Demographic variable studied were gender and age, Clinical variables were type of dialysis, hemoglobin, phosphates, Kt/v and Beta 2microglobulin. In the findings, a difference was noticed between the hemodialysis and hemodiafiltration group in vitality scale. In the demographic analysis, the difference was evident between age and vitality, sex and general health. In the clinical variables the hemodiafiltration group had a lower phosphate and higher Kt/V compared to hemodialysis and were unable to achieve the target hemoglobin and β -2Microglobulin. The findings of this study may help to guide nurses and practitioners by identifying which type of dialysis modality is more likely to be associated with higher quality of life. The role of the nurse is to educate, encourage, and enable patients to select appropriate treatment methods according to their personal and family conditions.

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