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Stressors and Ways of Coping Among Jordanian Patients Undergoing Hemodialysis

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Background: End-Stage Renal Disease (ESRD) is irreversible, life-threatening chronic disease. End-Stage Renal Disease is best treated with Hemodialysis (HD). Hemodialysis imposes several stressors. Identifying the stressors and used coping strategies helps nurses understand the patients' condition and institute effective care planning.

Aim: This study aimed to identify the lived experience, physiologic and the psychosocial stressors and coping strategies among hemodialysis patients.

Methods: The researcher applied a design of mixed methods; for the quantitative study, a recruited a sample of 131 participants from four outpatient dialysis units, completed a demographic data questionnaire, Hemodialysis Stressor Scale-Revised as well as Ways of Coping Scale-Revised. Means, frequencies and standard deviations were computed, and appropriate measures of association between variables were used. For the qualitative study, the lived experience of four male and five female participants was explored using Phenomenological approach.

Results: The patients' with psychosocial stressors scores mean was 2.56, which is higher than the mean of physiological stressors of 2.26. Positive reappraisal coping strategy had the highest mean of 1.91, and the lowest mean was accepting responsibility of 1.13. The results were supported by the found themes in the qualitative study that time wasted on dialysis days affects daily living and spiritual beliefs play a major role in coping.

Conclusion: Hemodialysis relates to physiological and psychosocial stressors. Positive reappraisal was a common coping strategy which includes faith and prayer. Dialysis staff can effectively help patients by utilizing the coping strategies that alleviate stressors.

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