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Perceived Barriers to Adherence to Dietary Sodium Recommendations in Hemodialysis Patients

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Barriers to following dietary recommendations have been described, however they remain poorly understood. The purpose of this qualitative study was to explore perceived barriers to adherence to dietary recommendations in a diverse hemodialysis patient population. Participants were eligible to participate in a semi-structured qualitative telephone interview prior to randomization for an ongoing clinical trial to evaluate the efficacy of an intervention designed to reduce dietary sodium intake. Interviews were audio-taped, transcribed verbatim and coded using an iterative qualitative process. Thirty (37% female, 53% Caucasian; 63.2 ± 13.3 years) participants were interviewed. Time, convenience and financial constraints hindered dietary adherence. Dietary counseling efforts were rated positively, but require individualization. Ability to follow recommended guidelines was challenging. Suggestions for addressing barriers include technology-based interventions that allow patients to improve food choices and real-time decision-making, and permit tailoring to individual barriers and preferences.

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