Factors Affecting Quality of Life in Persons on Hemodialysis

Introduction:
Each year 100,000 people are diagnosed with end stage renal disease (ESRD). A total of 341,000 people require dialysis, and each person uses $58,000 from Medicare annually. Yet, little is known about the quality of life (QOL) and what factors most influence QOL in those with ESRD. Understanding factors contributing to QOL is important to target nursing interventions to improve QOL. The purposes of this study were to: (a) describe QOL in persons with ESRD and (b) examine factors which influence QOL. RQ#1: What is the quality of life in persons with ESRD? RQ#2: Do biological function (albumin, hemoglobin), symptoms (dialysis symptoms, anxiety, depression, fatigue), functional status, general health perception, individual characteristics (age, gender, race) and environmental characteristics (marital status, socioeconomic status, time on dialysis) explain overall QOL in persons with ESRD?

Method(s):
Using the revised Wilson and Cleary model, a cross-sectional, correlational study with a convenience sample of persons undergoing hemodialysis was conducted. A power analysis indicated that 70 participants were needed. Data were collected via medical record review and patient interview using a demographic tool and seven established instruments. Data were analyzed using descriptive statistics and multiple linear regression. Limitations included possible cognitive changes during interviews, limited external validity, and isolation of experiences to one point in time.

Results:
Most of the sample (N= 73) were female, African American, and unmarried. The mean age was 56 (SD= 15.8), and mean time on hemodialysis was 56 months (SD= 58.3). The QOL score (M= 21.14) was higher than other chronic populations. The model explained 61% of the variability in overall QOL with anxiety, depression, and general health perception as the only variables significantly (p < .05) contributing to QOL.

Discussion:
QOL may be better predicted from psychological factors than physiological factors. Future studies should continue to identify factors that influence QOL.

Research Completed :
Yes

Abstract History:
NA

Financial Disclosure:
Have a financial arrangement or affiliation with commercial companies whose
products may be mentioned in this material?
Yes
Grants/Research Support : Y
American Nephrology Nurses Association
Consultant :
Stock/Shareholder :
Speaker's Bureau :
Other Financial or Material Support :
FDA Disclosure: Cleared: Yes
Non-Exclusive License: Accepted Terms: Yes
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