STUDY OF THE QUALITY OF LIFE (QOL) IN DIALYSIS PATIENTS

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INTRODUCTION

- Quality of life (QOL) is one of the most important aspects (rather the most important aspect) for patients treated in a dialysis programme.
- The question arises how and to what extent the existing disease and the presence of the developing complications affect the quality of life of kidney disease patients.
- For patients with end-stage renal disease kidney transplantation would result in the most favourable quality of life.

METHOD

We developed questionnaires for our patients (also using certain elements of the EQ-5D and SF-36 method). The responses of 125 patients receiving peritoneal dialysis (PD) and 178 patients on haemodialysis (HD) were analyzed.

RESULTS

1. Average age of patients:
   - total patients: 64.1±13.9 years
   - PD: 65.7±14.5 years (21-93 years)
   - HD: 63.6±13.7 years (23-94 years)

2. Average time spent in the dialysis programme:
   - total patients: 4.0±4.1 years
   - PD: 2.3±2.0 years
   - HD: 4.0±4.3 years

3. Did you attend nephrology care before starting the dialysis treatment?
   - yes
   - no
   - unchanged

4. If you had to start dialysis treatment now, would you accept it in the same way as you did before?
   - yes
   - no
   - unchanged

5. What was your general state of health like in the past four weeks?
   - I require full support
   - I require partial aid/support
   - I require help most of the time
   - I require help sometimes
   - I require help occasionally
   - not at all

6. Did you experience pain in the past four weeks?
   - not at all
   - moderate
   - severe

7. How was your general state of health like in the past four weeks?
   - I require full support
   - I require partial aid/support
   - I require help most of the time
   - I require help occasionally
   - not at all

8. If you would not accept it, why not?
   - because I have been left alone
   - because the treatment and the waiting take up a lot of my time
   - because I have been left alone
   - because I do not have good quality of life any more
   - because it is not worth living like this

9. When you started dialysis therapy, what did you expect of it?
   - I was afraid of it more than I should have
   - I was afraid of it
   - I should have had it

10. Did the dialysis treatment meet your expectations?
   - I am disappointed because my condition is worse than I expected
   - I expected nothing what I had expected
   - I expected it

11. Concomitant diseases affecting your quality of life
   - PD patients
   - HD patients

12. Self-sufficiency
   - I am self-sufficient
   - I can perform certain activities
   - I require partial aid/support
   - I require help most of the time
   - I require full care

13. Pain in the past four weeks?
   - no pain
   - minimal pain
   - moderate pain
   - severe pain

14. Anxiety, depression, sleep disturbance in the past four weeks?
   - no
   - moderate
   - severe

15. Summary
   - The majority of patients consider their health status acceptable, despite the fact that 75% of PD patients and 79% of HD patients have multiple concomitant diseases affecting their quality of life. Only a small proportion of the patients feel disappointed compared to their expectations, and 52.8% would choose the same treatment even now. We would like to have our respondents complete the questionnaires again one year from now.

16. Objective
   - To assess our patients’ health-related quality of life.

17. Patients’ method

SUMMARY

- The majority of patients consider their health status acceptable, despite the fact that 75% of PD patients and 79% of HD patients have multiple concomitant diseases affecting their quality of life. Only a small proportion of the patients feel disappointed compared to their expectations, and 52.8% would choose the same treatment even now. We would like to have our respondents complete the questionnaires again one year from now.

- To assess our patients’ health-related quality of life.