

# 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 (or 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.

## RESULTS

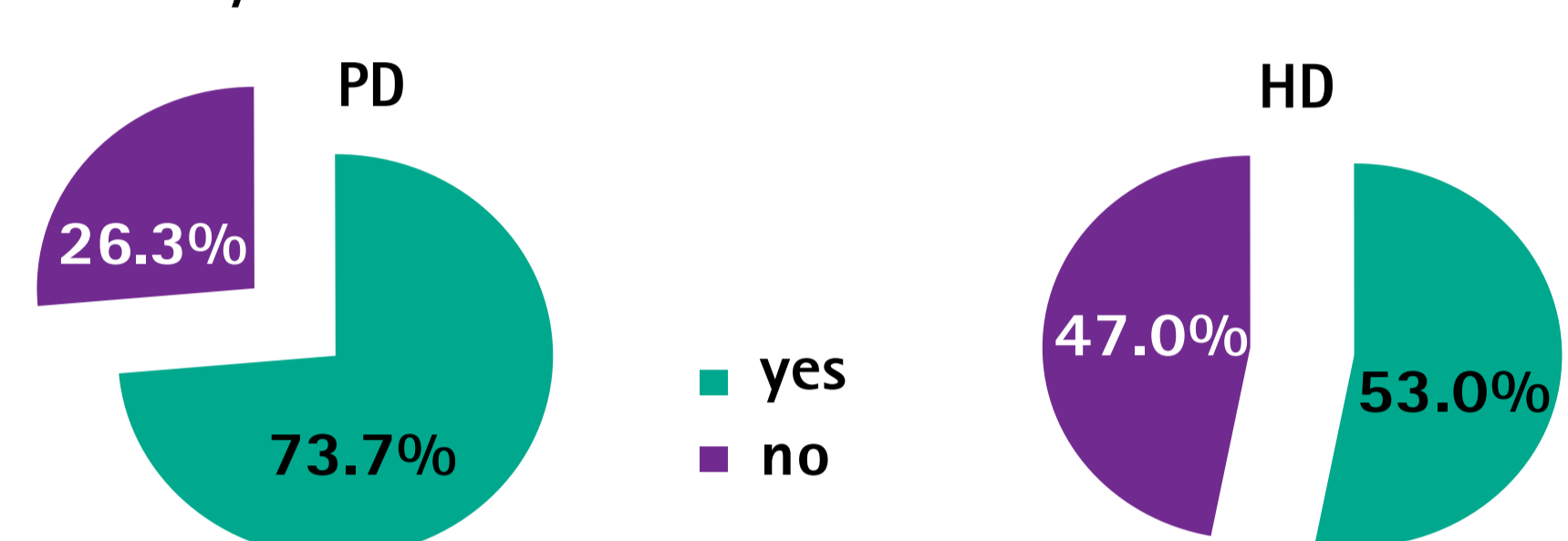
### 7. Average age of patients

total patients: **66.1±13.9 years**  
 PD: 65.7±14.5 years (31-89 years)  
 HD: 66.4±13.7 years (23-94 years)

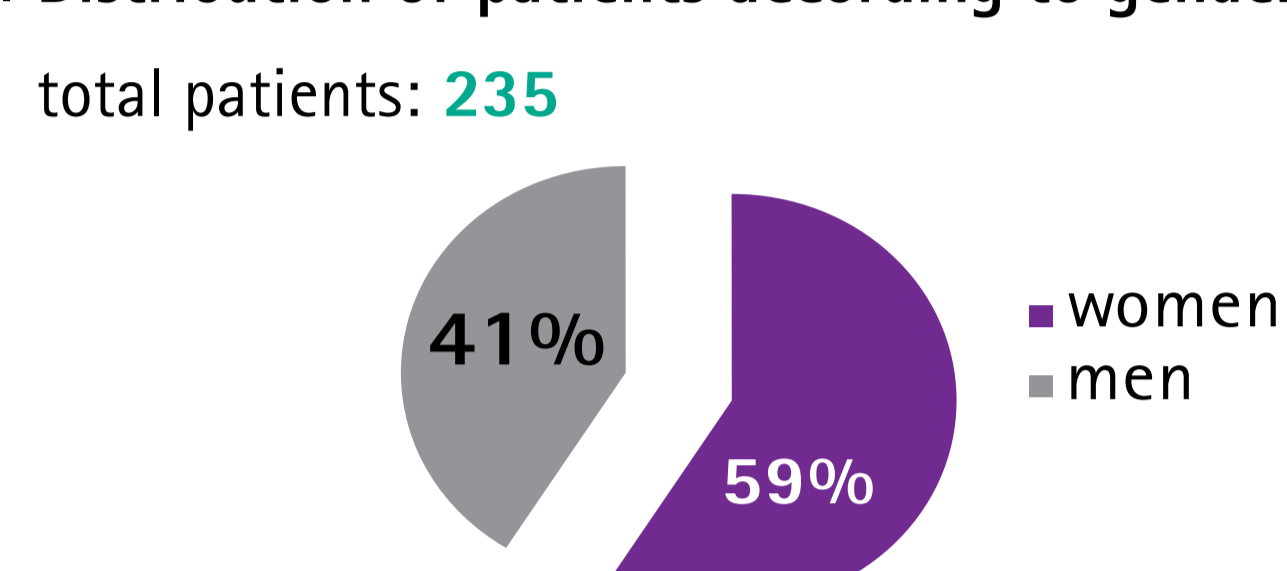
### 9. Average time spent in the dialysis programme

total patients: **4.0±4.1 years**  
 PD: 2.3±2.0 years  
 HD: 4.6±4.3 years

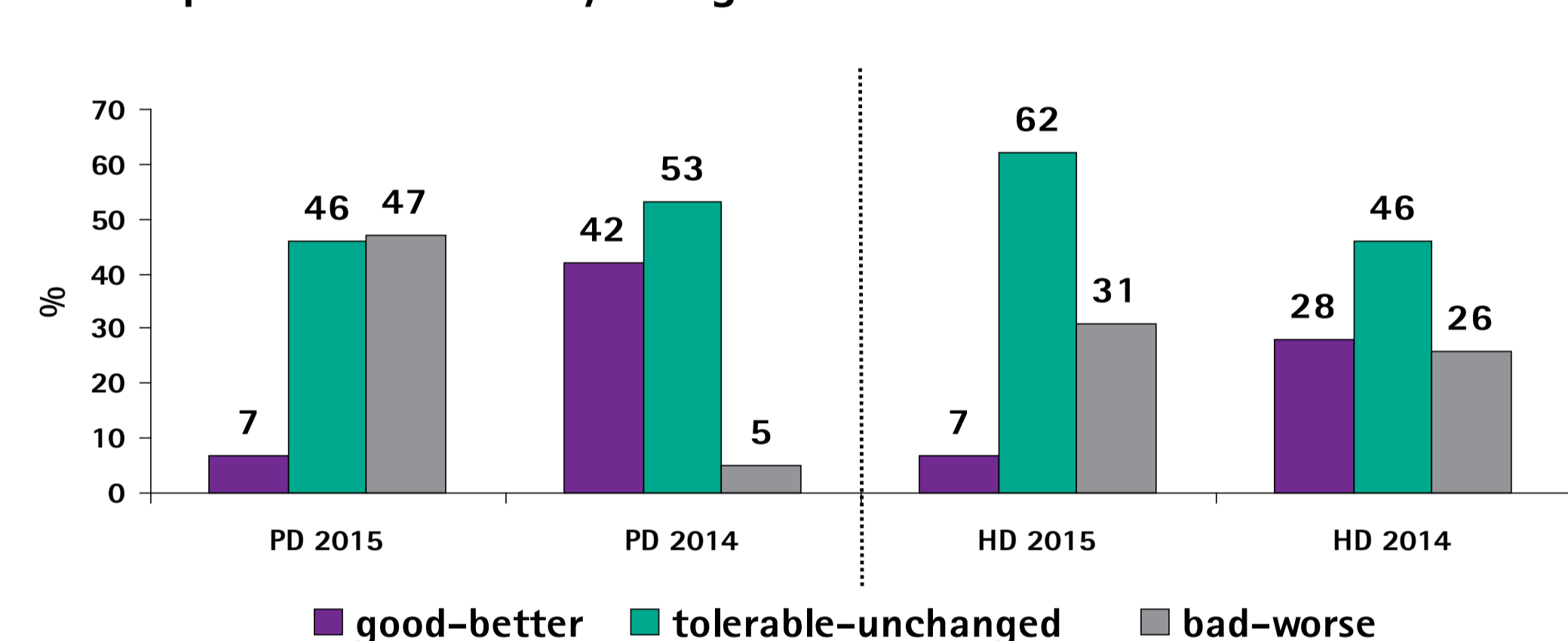
### 10. Did you attend nephrology care before starting the dialysis treatment?



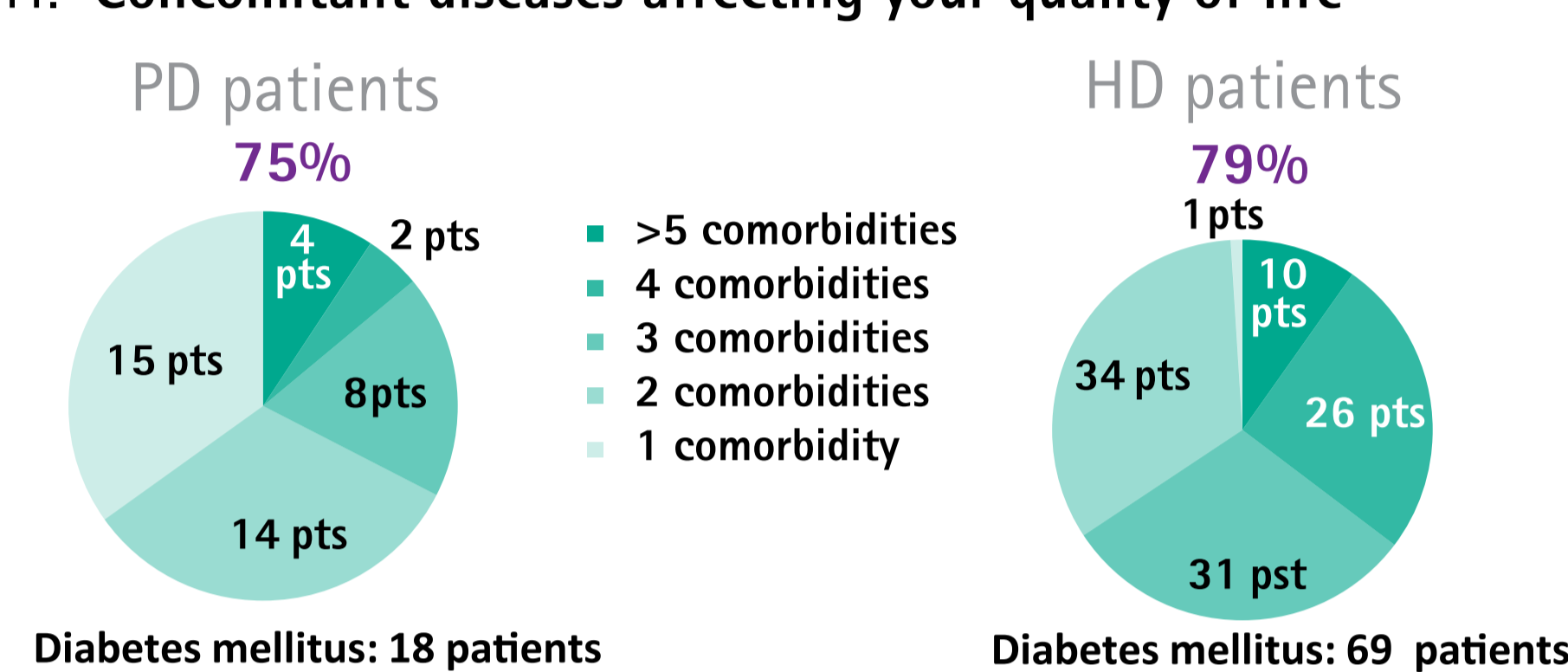
### 8. Distribution of patients according to gender



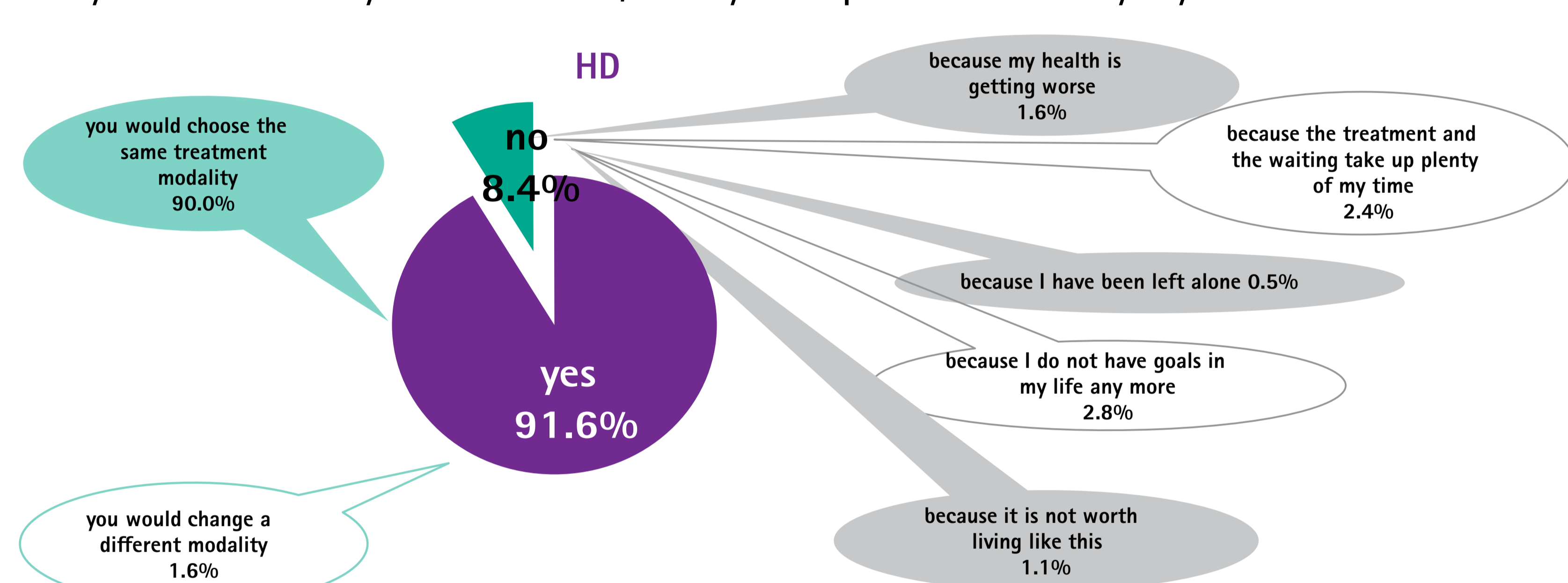
### 12. How would you characterise your current health status compared to that one year ago?



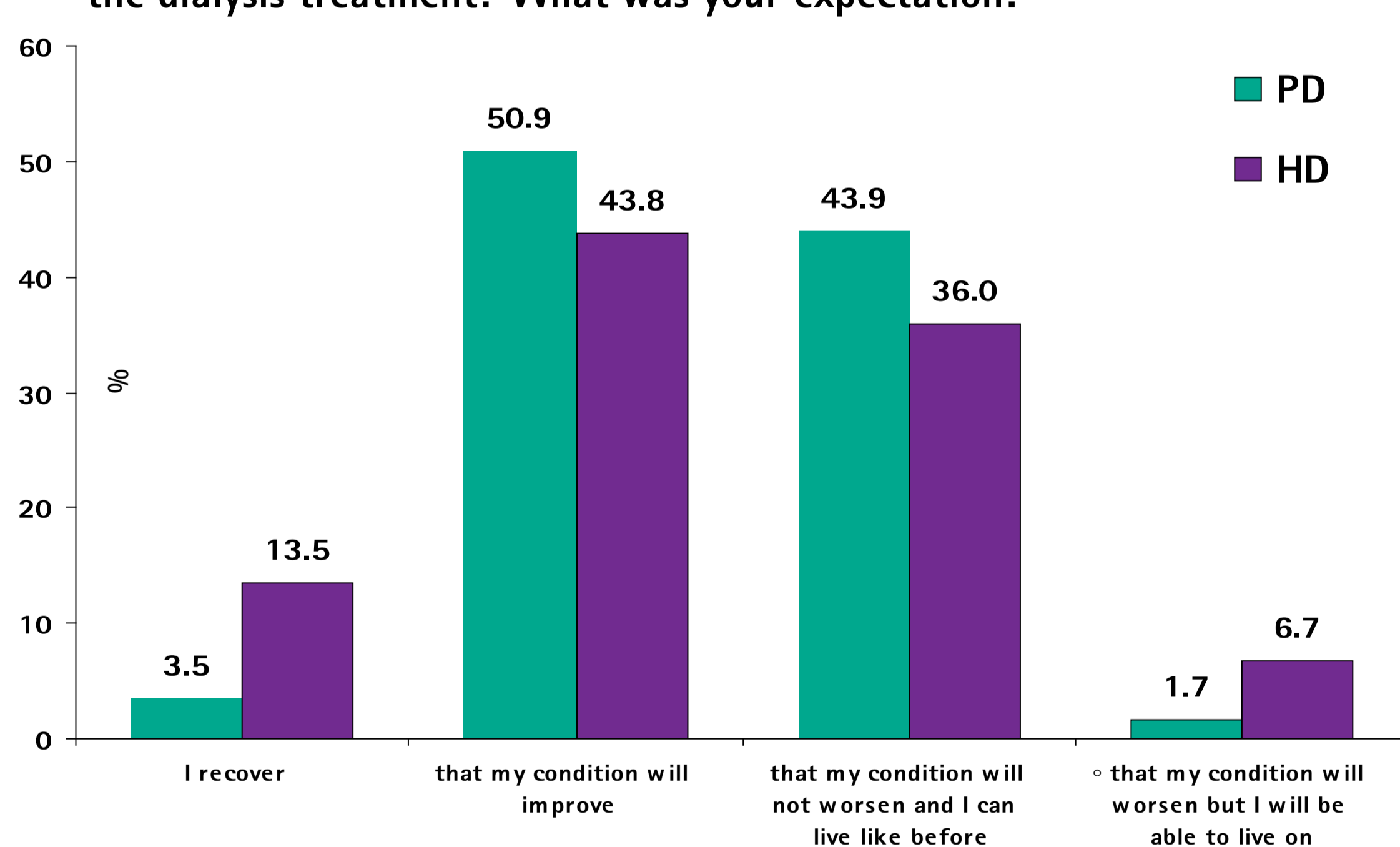
### 11. Concomitant diseases affecting your quality of life



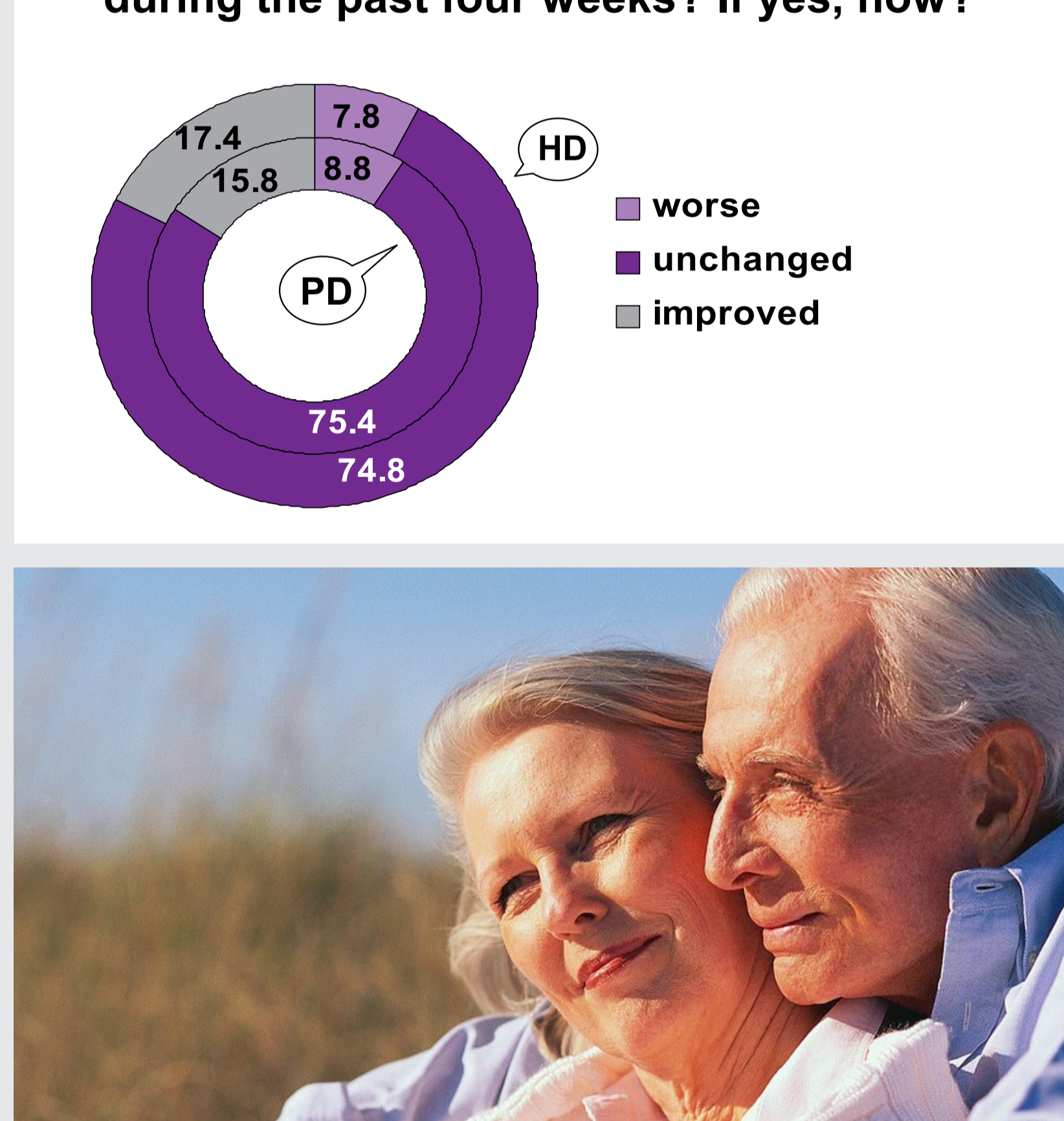
### 14. If you had to start dialysis treatment now, would you accept it in the same way as you did before?



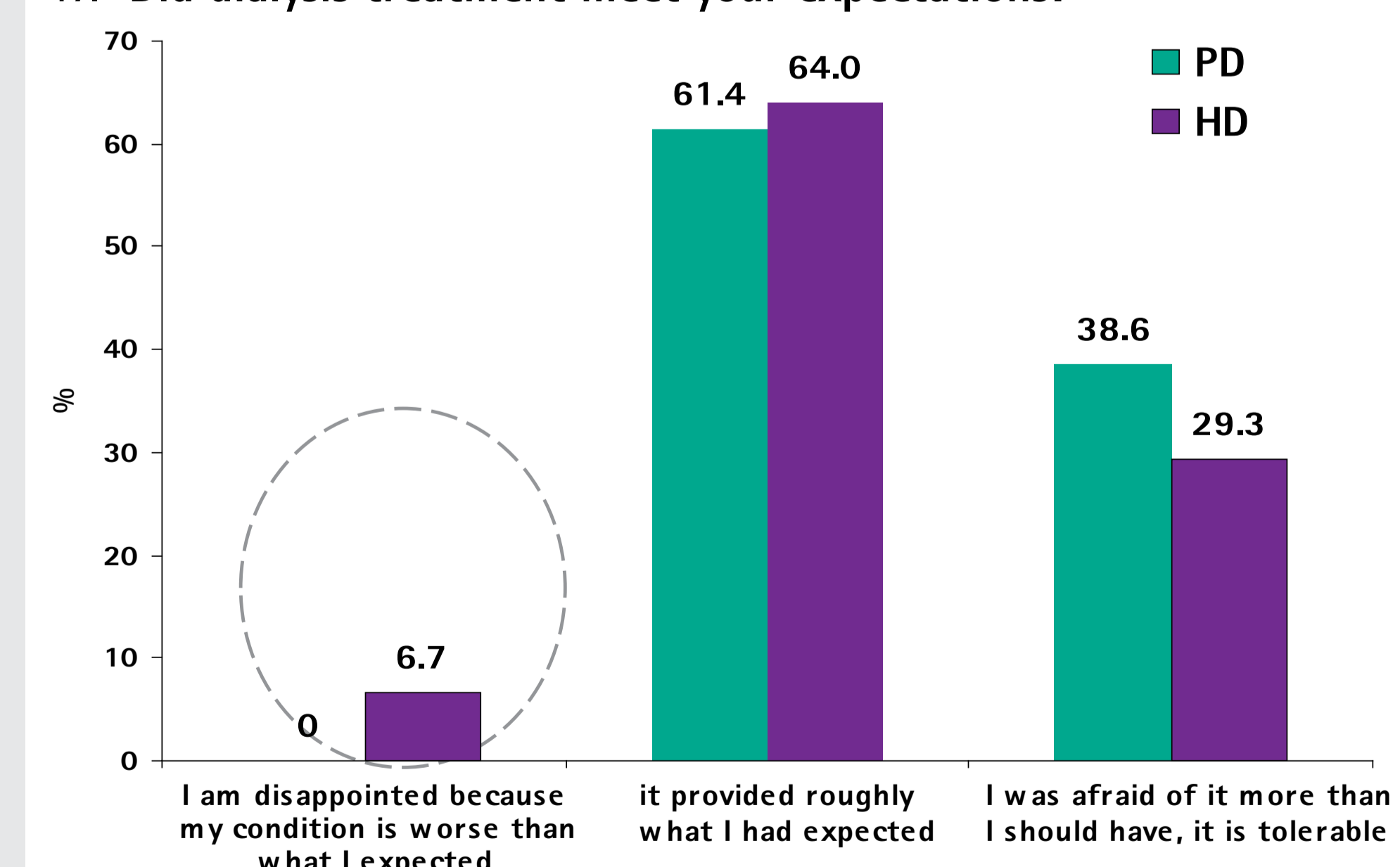
### 15. What were you hoping at the time of starting the dialysis treatment? What was your expectation?



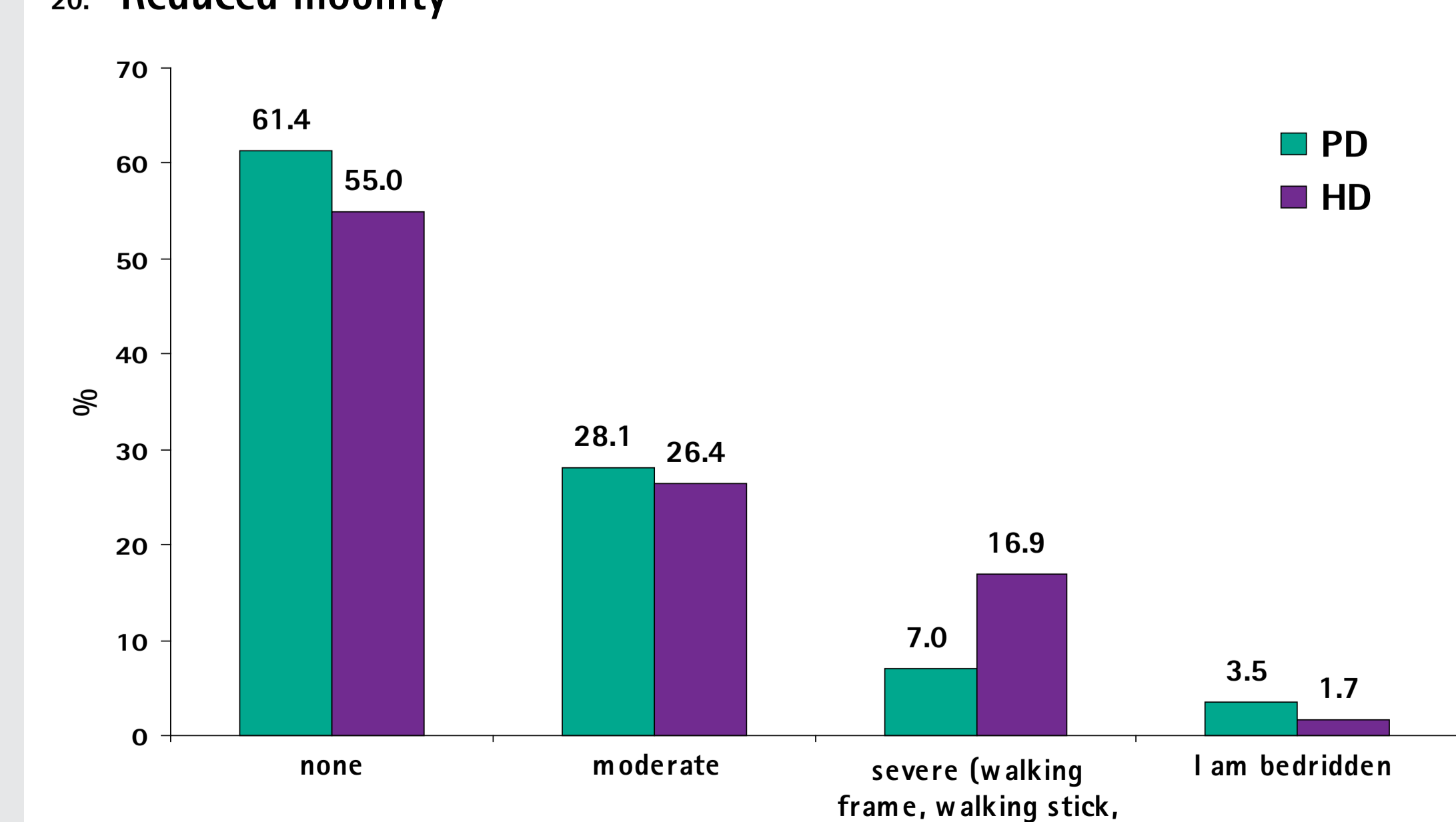
### 16. Did your general health status change during the past four weeks? If yes, how?



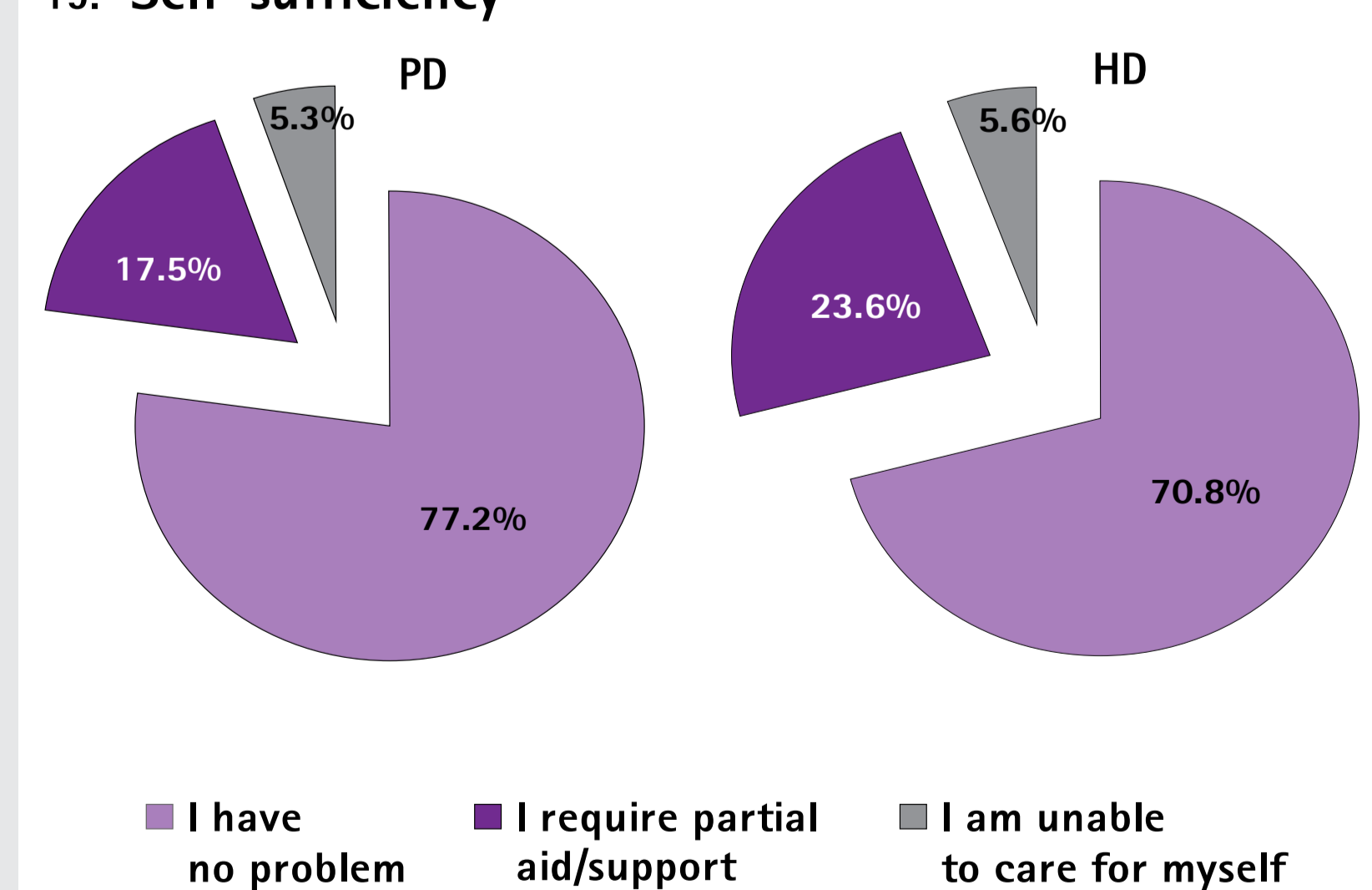
### 17. Did dialysis treatment meet your expectations?



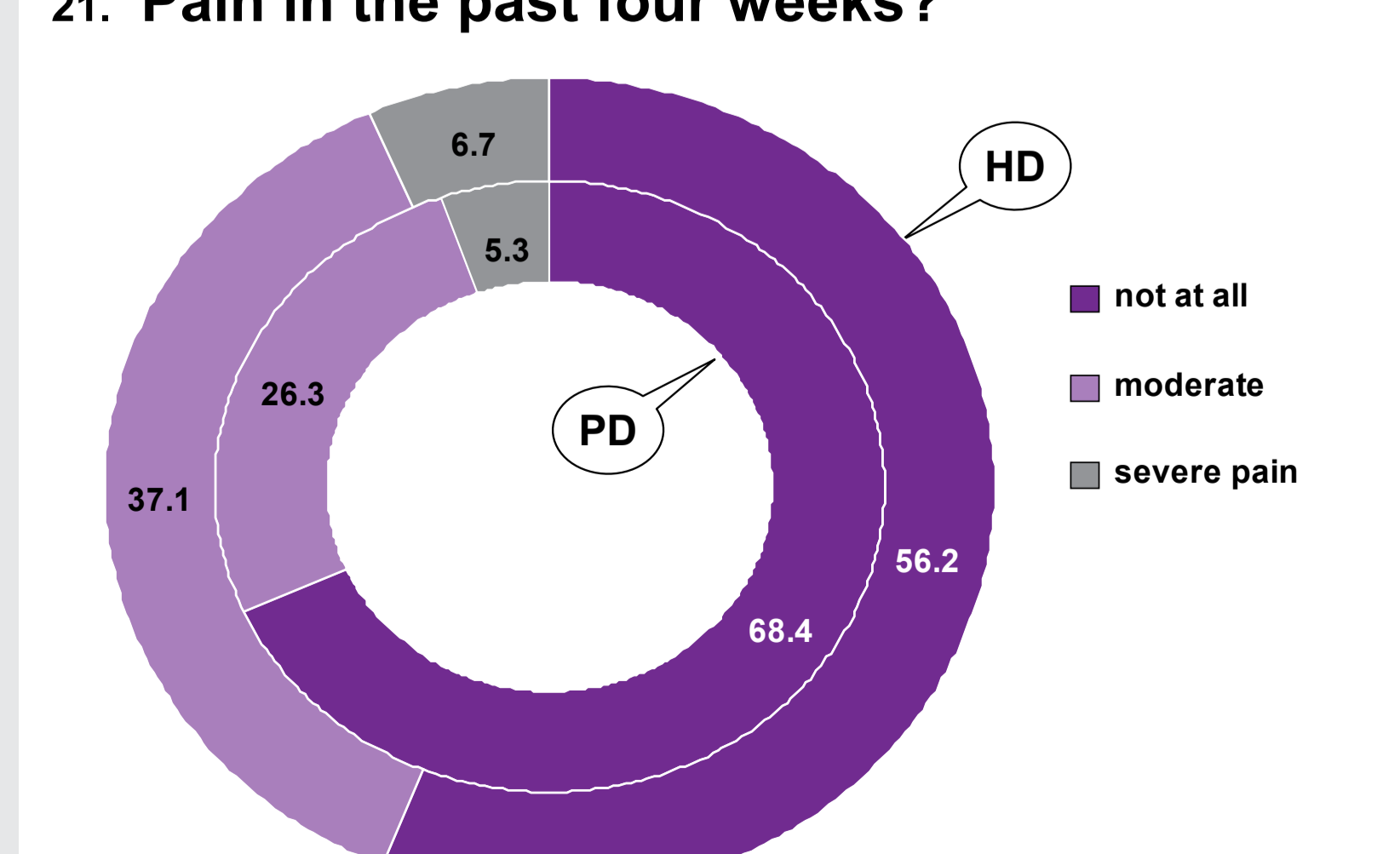
### 20. Reduced mobility



### 19. Self-sufficiency



### 21. Pain in the past four weeks?



## OBJECTIVE

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

## PATIENTS, METHOD

We developed questionnaires for our patients (also using certain elements of the EQ-5D and SF-36 methods). The responses of 57 patients receiving peritoneal dialysis (PD) and 178 patients on haemodialysis (HD) were analysed.

## QUESTIONNAIRE ABOUT YOUR QOL

(based on EQ-5D and SF-36)

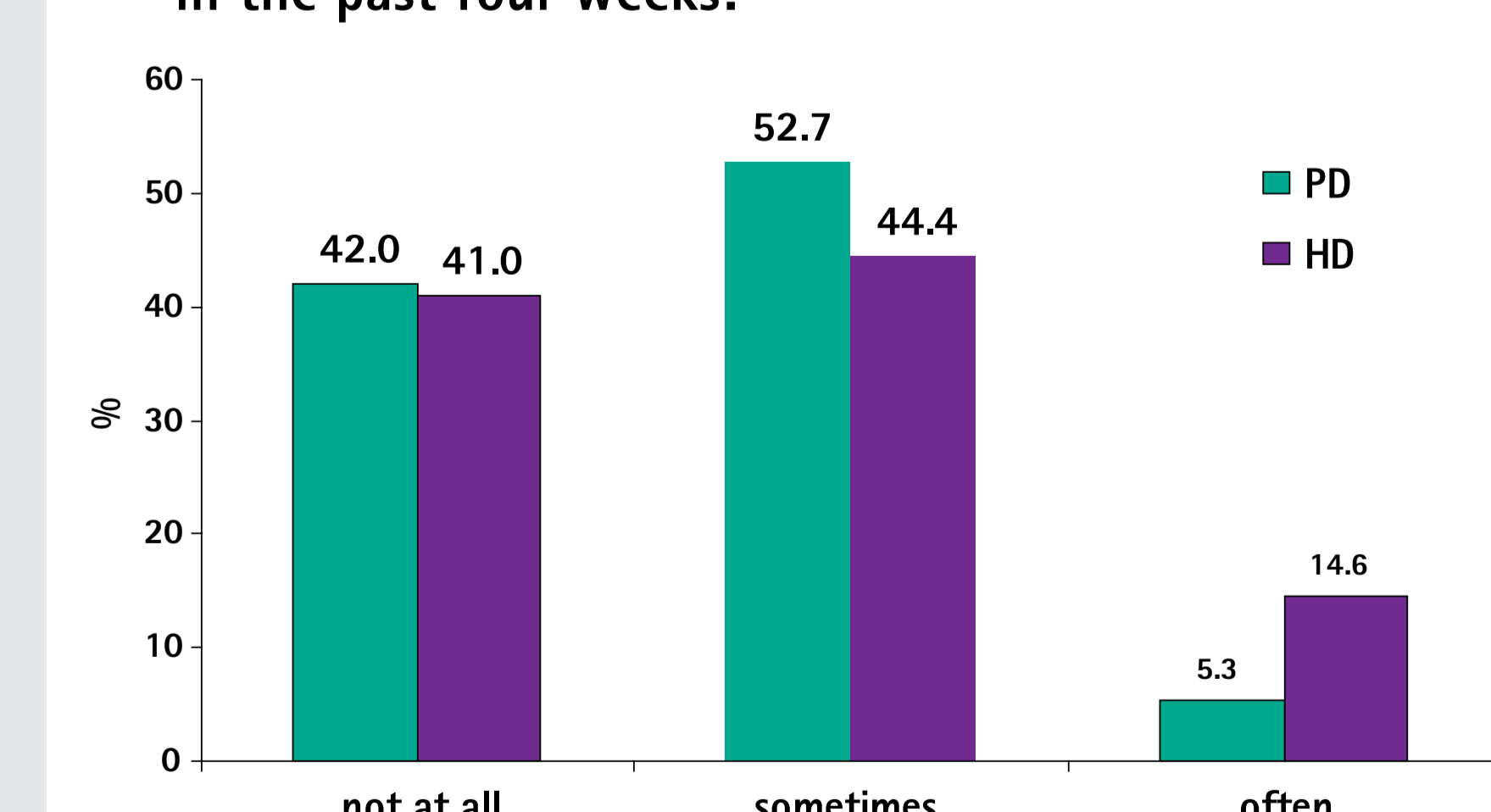
Monogram: \_\_\_\_\_ Date: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Dialysis modality initially and at present: \_\_\_\_\_

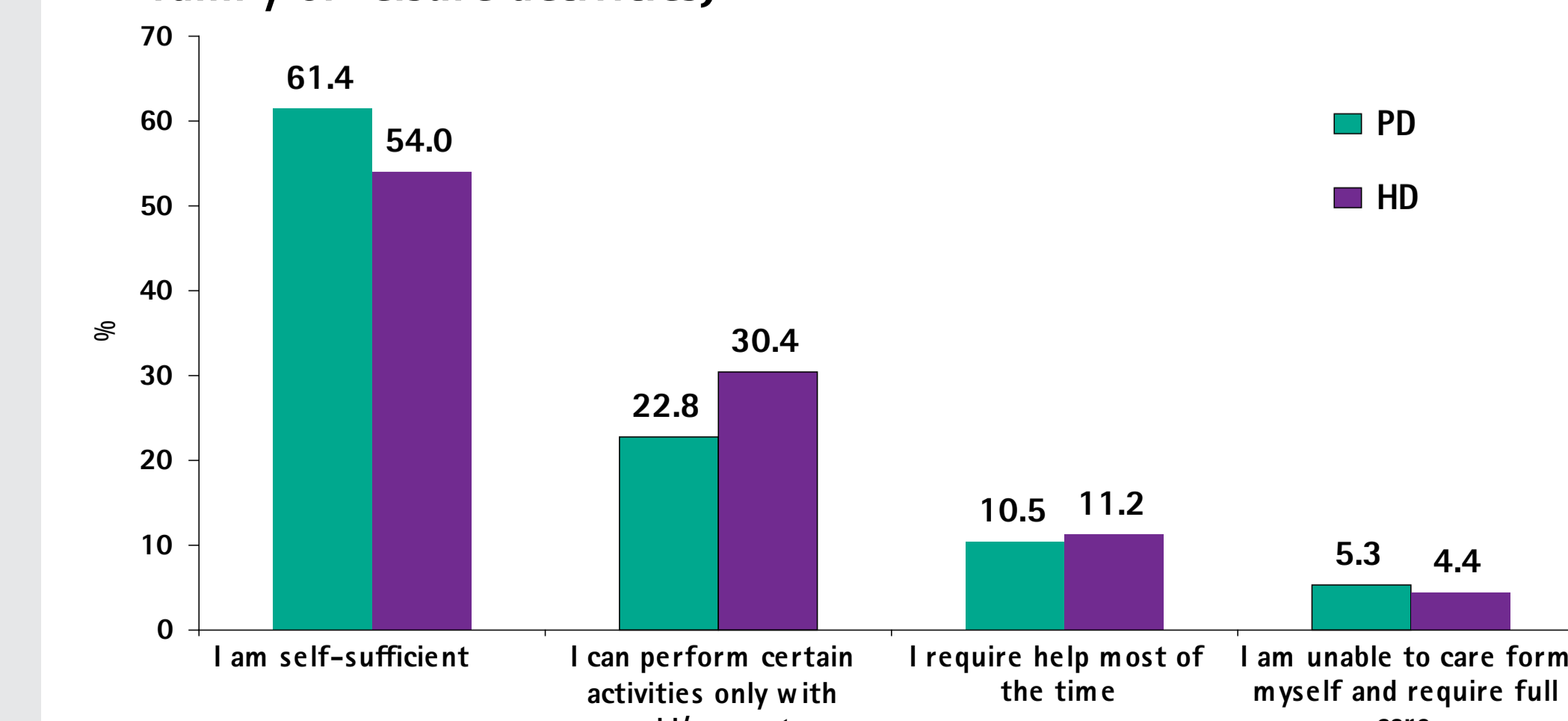
Time spent in the dialysis programme: \_\_\_\_\_

- Did you attend a nephrology care centre before starting dialysis?
  - yes  no
- How would you describe your current health status?
  - good  tolerable  bad
- What is your health status like now as compared to one year ago?
  - better  unchanged  worse
- Would you accept dialysis therapy as before if you had to start it now?
  - yes  no
- If you would accept it, would you choose the same treatment modality (PD or HD)?
  - yes  no, another one
- If you would not accept it, why not?
  - because my health is getting worse
  - because the treatment and the waiting take up a lot of my time
  - because I have been left alone
  - because I do not have goals in my life any more
  - because it is not worth living like this
- When you started dialysis therapy, what did you expect of it?
  - I recover
  - that my condition will improve
  - that my condition will not worsen and I can live like before
  - that my condition will worsen but I will be able to live on
- Did the dialysis treatment meet your expectations?
  - I am disappointed because my condition is worse than what I expected
  - it provided roughly what I had expected
  - I was afraid of it more than I should have, it is tolerable
- Reduced mobility:
  - none
  - moderate
  - severe (walking frame, walking stick, wheelchair)
  - I am bedridden
- Self-sufficiency:
  - I have no problem
  - I require partial aid/support
  - I am unable to care for myself
- Did you feel pain in the past four weeks?
  - not at all  moderate  severe pain
- What was your general state of health like in the past four weeks?
  - worse  unchanged  improved
- Did you experience anxiety, depression or sleep disturbance in the past four weeks?
  - not at all  sometimes  often
- In the past four weeks, did you experience problems with performing your usual activities (shopping, housework, family or leisure activities)?
  - I am self-sufficient
  - I can perform certain activities only with aid/support
  - I require help most of the time
  - I am unable to care for myself and require full care

### 23. Anxiety, depression, sleep disturbance in the past four weeks?



### 24. In the past four weeks, did you experience problems with performing your usual activities? (shopping, housework, family or leisure activities)



## 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 92.8% would choose the same treatment even now. We would like to have our respondents complete the questionnaire again one year from now.