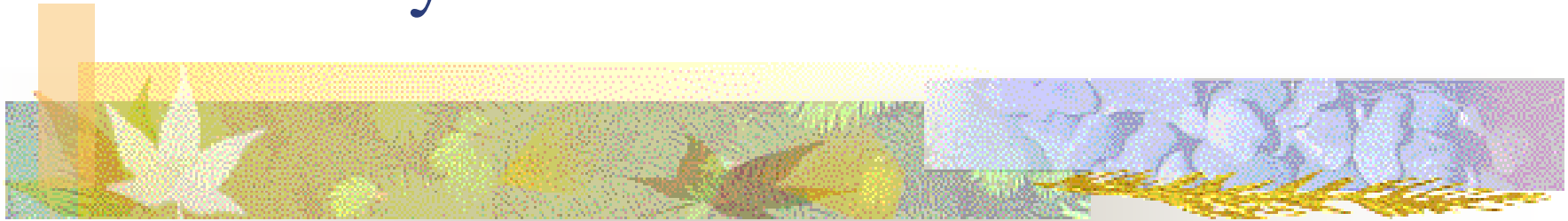


An Ex Post Facto Exploration of the Relationship between Dialysis Adequacy and Health-related Quality of Life in Haemodialysis Patients in Ireland



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Background

- Urea kinetic modelling (UKM) – a means of measuring dialysis adequacy.
- Has been shown to positively influence survival rates
- But.... What about quality of life (QoL)???
- QoL – a crucial goal of patient care.

Aims

- To explore the quality of life of haemodialysis patients
- To investigate the relationship between dialysis adequacy and quality of life.



Methods

- An ex post facto design.
- Non-probability convenience sample (N=97).
- QoL assessed using the SF-36v2® Questionnaire
- Review of participants' medical charts.
- QoL of sample compared with reference group.
- Sample divided into 2 groups [1 = adequately dialysed (44) vs 2 = inadequately dialysed (53)] and the QoL of these 2 groups was compared.
- Parametric & non-parametric statistical analysis was undertaken using SPSS, version 10.0.7 .

[P = 0.05]



Results

- QoL of participants was significantly lower than the general population reference group
- Significant gender differences were identified between Groups 1 & 2 – more females adequately dialysed than males
- Gender differences were not reflected in a significantly better QoL for females
- Age had significant effects of mental health and physical functioning
- Dialysis adequacy did not positively affect QoL, & in fact, exerted a negative effect on mental health.



Conclusions

- The value of UKM alone as an indicator of dialysis adequacy must be questioned.
- A greater emphasis must be placed on patient-reported QoL as a measure of treatment outcome
- Greater individualisation of haemodialysis prescriptions, particularly in relation to body weight, body surface area and urea distribution volume is needed.