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BOOK OF ABSTRACTS

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ASSESSMENT OF QUALITY OF LIFE AMONG END STAGE RENAL DISEASE PATIENTS UNDERGOING HEMODIALYSIS AT TEACHING HOSPITAL BATTICALOA, SRI LANKA

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Background: The prevalence of Chronic Kidney Disease is approximately 10% percentage of global population, with a steep rise in the incidence of End Stage Renal Disease (ESRD) during the last 30 years. End Stage Renal Disease patients need to overcome several changes in their life with the introduction of routine hemodialysis treatment. This research mainly focuses on assessing the Quality of Life (QOL) among End Stage Renal Disease patients undergoing Hemodialysis at Teaching Hospital Batticaloa, Sri Lanka.

Methods & Materials: This was a descriptive cross-sectional study conducted among all the End Stage Renal Disease patients undergoing Hemodialysis at Teaching Hospital Batticaloa. Data was collected through an interviewer administered questionnaire which included socio demographic details and clinical details of the participants and WHOQOL BREF questionnaire to measure their QOL under 4 domains such as social relationships, psychological, environmental and physical QOL. The data was analysed using Statistical Package of Social Sciences version 23. The ethical approval was obtained from the Ethics Review Committee, Faculty of Health Care Sciences, Eastern University, Sri Lanka.

Results: The results showed that among the total 45 participants, majority were males (60%), married (77.8%), and unemployed (66.67%). Most of the participants (60%) had a monthly household income less than Rs 20,000. Almost all of them underwent Hemodialysis two times per week (97.80%) and 31.11% of them were undergoing hemodialysis for less than 6 months. Fatigue was the commonest symptom reported (80%) by these patients. The WHOQOL-BREF questionnaire showed the highest and lowest mean impairment values in social relationships 57.36±3.895 and Physical domain 41.78±3.187 respectively. Psychological and Environmental domains had mean values of 47.29±2.639

and 55.62 ± 2.299 . The interpretation of the scores showed that 86.63% had poor physical QOL, 80% had poor psychological QOL, 55.56% had poor QOL in social relationship and 64.44% had poor environmental QOL. Overall QOL was poor in 71.66% of the participants.

Discussion and Conclusion: More than half of the participants experienced poor QOL under each of the four domains. QOL was comparatively better in Social Relationships domain compared with other three domains. Physical domain showed worst Quality of Life comparatively. The overall QOL was found to be poor among majority of patients with ESRD undergoing Hemodialysis which needs to be addressed in the future.

Keywords: *Chronic Kidney Disease, Hemodialysis, Quality of Life, WHOQOL-BREF questionnaire*