

## 투석 전 만성 신부전 환자의 삶의 질 영향요인

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### Factors Affecting the Quality of Life in Predialysis Patients with Chronic Kidney Disease

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The purpose of this study is to determine the correlation between the quality of life (QOL) and Glomerular filtration rates (GFRs), Karnofsky performance scale (KPS), uremic symptoms, comorbidities, hemoglobin, albumin, depression predicted value or collective contribution of these variables on QOL in predialysis patients with chronic kidney disease (CKD).

The subjects of the study were 215 patients who visited the nephrology outpatient clinic of a tertiary hospital in Seoul between March 4th and March 31th, 2011 and consented to participate in the study. The data were analyzed using the SPSS v.12.0 program.

There were negative correlations between QOL and uremic symptoms ( $p < .01$ ), comorbidities ( $p < .05$ ) or depression ( $p < .01$ ). There were positive correlations between QOL and GFRs ( $p < .01$ ), KPS ( $p < .01$ ), hemoglobin ( $p < .01$ ) or albumin ( $p < .01$ ). In addition, GFRs, KPS, uremic symptoms, comorbidities, hemoglobin, albumin and depression predicted value accounted for 70.7% of the variance on QOL.

As a conclusion, it has been recommended that these variables should be considered when planning an approach towards improving the QOL in predialysis patients with CKD.

**Key Words:** 투석 전 만성 신부전, 삶의 질, 영양  
Predialysis patients, QOL, Albumin