

복막투석 환자의 과수분상태가 우울증 및 삶의 질에 미치는 영향에 대한 연구

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The association of Overhydration Status with Depression and Health-related Quality of Life in Peritoneal Dialysis Patients

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Aim: This study was to determine the association of overhydration (OH) status with depression and health-related quality of life (HRQOL) in peritoneal dialysis (PD) patients.

Methods: A multicenter study was conducted in 628 PD patients. Body composition monitor, Beck's Depression Inventory (BDI) and Kidney Disease Quality of Life short form, version 1.3 were used to evaluate OH status, depression and HRQOL, respectively. Patients were divided into two groups according to the OH status: $-2L \leq OH \leq 2L$ group and $OH > 2L$ group.

Results: The BDI score did not differ between the two groups. However, the $OH > 2L$ group showed significantly lower physical, mental, and kidney-disease related quality of life (QOL) scores compared with the $-2L \leq OH \leq 2L$ group. The $OH > 2L$ group showed significantly lower scores in all of the physical QOL subcategories (physical functioning, role-physical, bodily pain, and general health) than the $-2L \leq OH \leq 2L$ group. Among the mental QOL subcategory, scores of social function were significantly lower in the $OH > 2L$ group than the $-2L \leq OH \leq 2L$ group. Among the kidney disease-related QOL subcategory, scores of effect of kidney disease, burden of kidney disease, and cognitive function were significantly lower in the $OH > 2L$ group than the $-2L \leq OH \leq 2L$ group. In a multivariate analysis, OH status was not an independent predictor for BDI score and physical and mental QOL scores. However, OH status independently predicted kidney disease-related QOL score ($\beta = -2.354$, $p = 0.012$).

Conclusion: In conclusion, OH negatively affects HRQOL in PD patients. Intensive efforts to control fluid overload may improve HRQOL of PD patients.

Key Words: 복막투석, 과수분, 삶의 질

Peritoneal dialysis, Overhydration, Quality of life