

# KSN 2016 Abstract Submission

## *Dialysis*

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### Quality of life and social support (family, friend, medical team) in hemodialysis patients

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**Background:** A number of patients with End-Stage Renal Disease (ESRD) have significant impairment in quality of life and social support compared to general population. Especially, the limited function of patients with hemodialysis (HD) prevents them from social activities and even makes them social withdrawal. There are few studies of the factors affecting the social support in HD patients. The aim of the current study was to evaluate the quality of life and social support, and identify the clinical and psychosocial factors including quality of life related to impaired social support in HD patients.

**Methods:** In the cross-sectional study, the 107 participants on HD from the Daegu Catholic University Medical Center were assessed. Patients on HD for acute kidney injury were excluded from this study. Multidimensional Scale of Perceived Social support(MSPSS) was used for evaluating patients' social support. Quality of life was evaluated using Euro Quality of Life Questionnaire 5-Dimensional Classification (EQ-5D). Psychosocial factors were evaluated using Hospital Anxiety and Depression Scale, Montreal Cognitive Assessment, Pittsburgh Sleep Quality Index. Laboratory and clinical information also were included for our analyses. Stepwise multivariate logistic regression with backward selection was performed.

**Results:** The mean of MSPSS (social support) score was  $36.8 \pm 9.3$ . In subgroups of social support, the MSPSS-family, MSPSS-friend, and MSPSS-medical team scores were  $14.79 \pm 4.28$ ,  $10.44 \pm 4.76$ , and  $10.74 \pm 4.39$ , respectively. The EQ-5D index score (quality of life) was 0.702. The variables showed significant association with social support were quality of life ( $r=0.332$ ,  $p=0.001$ ), depression ( $r=-0.290$ ,  $p=0.003$ ), anxiety ( $r=-0.372$ ,  $p<0.001$ ), and serum creatinine ( $r=-0.270$ ,  $p=0.007$ ). Multiple regression showed that quality of life (95% CI: 0.615~19.799,  $p=0.037$ ) and serum creatinine (95% CI: -1.543~-0.319,  $p=0.003$ ) were independent predictors of impaired social support.

**Conclusion:** This study explored the impaired social support and quality of life in HD patients. Especially, support from friends is the lowest among the social supports. We found that the impaired social support was positively correlated with impaired quality of life. We should consider the psychosocial interventions to improve the impaired social support and quality of life.

**Keywords:** Hemodialysis, Quality of life, Social support