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Post dialysis recovery time- its causes and significance

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Objectives: Self-reposted post dialysis recovery time has been shown have prognostic significance in hemodialysis patients. This study looks at recovery time and related causes and consequences/

Methods: This is a cross sectional study, it was conducted from July to October 2019 from KAMC, Riyadh. The following variables were documented: a) demographic data, b) Charlson comorbidity, c) self-reported recovery time, d) quality of life (using KDOQOL-36 instrument) e) physical activity. The relationship between these variables on recovery time was calculated

Results: Two hundred and fifty four patients were enrolled in the study. Male represented 61%, and the mean age was 58.2. The mean BMI of participants was 28.1. Just under half of the patients were unemployed (47.2%) and 56.7% were diabetic. Recovery time among our dialysis patients was found to be 5±6.3 hr. (,median 3 hours). Diabetic patients had longer recovery time (p= 0.006). Patients who exercise regularly recover faster (p=0.07). Afternoon shift's patients had faster recovery time compared to patients attended other shifts (p= 0.0001).

We found that recovery time was significantly less with higher scores of the Physical Component Scores (PCS) ((p=0.004) of quality of life measures (using KDOQOL-36 instrument). However, interestingly, recovery time was not impacted by Mental Component Scores (MCS) (p=0.4)
Recovery time was longer with higher BMI (p= 0.06) and significantly longer with lower weight gain (p=0.007) but was not affected by age, HD vs. HDF, , post dialysis MAP, dialysis hours/week, dialysis vintage, comorbidity index, intradialytic hypotension or hemoglobin level
However it was longer in single compared to married individuals (p=0.06) and significantly longer in the unemployed compared to the employed patients (p=0.03)

Conclusions: More effort should be focused on increasing physical activity and controlling diabetes among CKD patients to reduce the recovery time after dialysis sessions.

Impact of various variables on recovery time

	Recovery time (hrs) (SD)		
Variable	Below median	Above median	P value
Mental component summary (MCS)	5.6 (5.9)	5.3 (6.7)	0.4
Physical component summary (PCS	5.9 (7.1)	3.6 (4.6)	0.004
Age (61)	4.8 (6.4)	5.2 (6.2)	0.6
BMI(27)	4.2 (4.7)	5.7 (7.5)	0.06
Post Dx. MAP (146)	5.2 (7.2)	4.5 (4.8)	0.3
Dx/week (10.5 hrs)	5.2 (6.1)	4.7 (6.5)	0.5
Dx Vintage (3 years)	4.7 (6.7)	5.3 (5.9)	0.4
Comorbidity index (5)	4.7 (6.2)	5.3 (6.4)	0.4
Weight gain (2 Kgs.)	5.9 (7.3)	3.8 (4.7)	0.007
Hb (11.7)	5.1 (6.1)	4.9 (6.6)	0.8