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Study on correlation between fatigue, frailty and sleep in hemodialysis patients

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Objectives : To explore and analyze the correlation between fatigue and frailty in hemodialysis patients and sleep, in order to provide theoretical basis for targeted nursing in clinical practice, improve patients' sleep quality, and enhance their self-care ability.

Methods : A total of 268 patients undergoing maintenance hemodialysis in our hospital were investigated and statistically analyzed using the Fatigue Scale-14 (FS-14), Weakness Screening Scale, Self Care Ability Barthel Index Assessment Scale, and Pittsburgh Sleep Quality Index (pSQI).

Results : According to the total score of FS-14, there were 26 non fatigue patients and 242 fatigue patients in this study. Fatigue patients had higher scores in terms of frailty, sleep quality, sleep time to sleep, sleep efficiency, sleep disorders, and daytime dysfunction compared to non fatigue patients, with statistical significance ($P < 0.05$). The Spearman correlation analysis results showed that each fatigue factor in hemodialysis patients was positively correlated with the total score of weakness, total score of self-care ability, Pittsburgh sleep quality, sleep time, sleep efficiency, sleep disorders, and daytime dysfunction scores ($P < 0.05$).

Conclusions : Hemodialysis patients generally experience fatigue, which can reduce their self-care ability, exacerbate their frailty, and lower their sleep status, leading to a decrease in quality of life.