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Quality of sleep amongst patients with end stage renal disease on hemodialysis

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Objectives: Patients undergoing maintenance haemodialysis frequently report problems with sleep. This study was done to determine the magnitude of the problem and to identify factors that could predict this.

Methods: This cross-sectional analytical study was carried out from December 2020 to January 2022 at Dialysis Unit of our hospital. All patients undergoing maintenance hemodialysis were included. Those on hemodialysis for acute kidney injury or unwilling patients were excluded. Validated Urdu version of Pittsburgh Quality of Sleep Index questionnaire was filled by all patients and cross checked by one of the staff members to make sure there were no missing responses. Demographic data was also noted down to determine the relationship with quality of sleep.

Results: There were a total of 80 patients, aged 51.31 ± 13.11 years, including 46 (57.50%) males. At least one comorbid condition was present in 55 (68.75%) patients. Most of them (61; 76.25%) were on two times a week haemodialysis, whereas the rest were on three times a week schedule. Hemodialysis vintage was <2 years in 29 (36.25%) patients, and longer in the rest. Own transport was used by 45 (56.25%) patients, and 56 (70.00%) were accompanied by attendants during most of the dialysis sessions. Poor quality of sleep was reported by 62 (77.5%) patients. Though increasing age was associated with a decline in sleep quality, this lost significance on multivariate stage. None of the other factors evaluated in this study could predict poor quality of sleep amongst our patients, as shown in Table 1.

Conclusions: Poor quality of sleep is a commonly encountered problem amongst patients on maintenance hemodialysis for end stage renal disease. However, this cannot be predicted by usual demographic factors.

Table 1. Factors predicting poor quality of sleep amongst haemodialysis patients



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Variable	Unadjusted OR	p	Adjusted OR	P
Age	1.048(1.006-1.093)	0.026	1.043(0.999-1.088)	0.055
Gender	1.480(0.516-4.247)	0.446	-	-
Co-morbidity	2.118(0.716-6.263)	0.175	0.549(0.177-1.703)	0.299
Hemodialysis shift		0.711	-	-
Hemodialysis vintage	2.365(0.697-8.023)	0.167	1.988(0.560-7.059)	0.288
Hemodialysis frequency	1.319(0.401-4.338)	0.649	-	-
Transport	10294(0.443-3.779)	0.637	-	-
Attendant	1.222(0.398-3.757)	0.726	-	-