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Effectiveness of Replete Patient Care To improve The Quality Life Of Hemodialysis Patient

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Objectives : Chronic Kidney Disease (CKD) can have a significant impact on people's lives, health, and overall well-being, especially when hemodialysis is required. India has approximately 175,000 chronic dialysis patients, with a prevalence rate of 129 per million. Nurses play a crucial role in the care of dialysis patients; therefore, in this study, we evaluated the effectiveness of replete patient care compared to standard care to improve the quality of life of hemodialysis patients.

Methods : Fifty CKD subjects undergoing hemodialysis were selected from Dialysis Centre, Baba Hospital, Lucknow, UP, India, between 2021 to 2022, using a systematic random sampling method. The subjects were divided into two groups, namely, experimental and control groups, with 25 subjects each. The research design of the study was a true experimental pre-post test design. The patients in the control group received routine care, while experimental group received replete care, which included routine nursing care, treatment recommendations, dietary advice, dialysis care, psychological support, and daily life plans for three months. The patient's quality of life was assessed using Kidney Disease and Quality of Life (KDQOL-SF36) before and after the treatment, and the results were analyzed using frequency, percentage, and ANOVA.

Results : Among samples, 28(56%) and 22(44%) were female and male respectively, 33(66%) were aged >65 years. A significant difference was found in the total quality of life score between the groups; the F (3, 96) value was 49.98, P<0.05. This shows a significant improvement in overall quality of life of the experimental group than control group. Sub-themes of KDQOL-SF36, such as physical component, mental component, burden of kidney disease, symptoms and problems of kidney disease and effects of kidney disease were also analyzed and results showed effectiveness (P<0.05).

Conclusions : This study showed that giving replete patient care to hemodialysis patients can effectively manage CKD and significantly improve their quality of life.