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Exploring the Influencing Factors and Risk Prediction of Sleep Quality in Maintenance Hemodialysis Patients

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Objectives : This study investigates the relevant factors that affect the sleep quality of maintenance hemodialysis patients, explores the factors that affect the sleep quality of maintenance hemodialysis patients, and based on this, makes risk predictions.

Methods : Convenient sampling method was used to select 268 ESRD patients from the hemodialysis room of a tertiary hospital in Beijing as the study subjects. Based on general patient information and laboratory data, and using the Pittsburgh Sleep Quality Index (PSQI) and self-made questionnaires, investigate the sleep status and related information of hemodialysis patients, and scientifically evaluate their sleep quality.

Results : The PSQI score of 268 hemodialysis patients was (9.63 ± 5.05) points, of which 113 patients (42.16%) had $PSQI \geq 11$ points. The dialysis age, work status, and whether there has been emergency/hospitalization experience in the past month of hemodialysis patients are related to sleep quality ($P < 0.05$); Dialysis age ($OR = 1.27$, 95% CI (1.11, 1.46)) is a risk factor for sleep quality in MHD patients; Working ($OR = 0.56$, 95% CI (0.35, 0.89)) and no emergency/hospitalization experience in the past month ($OR = 0.41$, 95% CI (0.27, 0.70)) are protective factors for sleep quality in MHD patients. The sleep problems of patients are in order of difficulty falling asleep, need to take sleeping pills, low sleep efficiency, insufficient sleep duration to meet their own needs, poor daytime function, and perceived poor sleep quality.

Conclusions : The longer the dialysis age, the non-job and the recent emergency/hospital experience have an impact on the sleep quality of hemodialysis patients, targeted psychological care and comfort care should be taken, and they should be encouraged to take appropriate exercise according to their physical conditions to adjust their psychological state. Avoid risk factors in advance, strengthen protective factors, and help improve patients' negative emotions and sleep quality, thereby improving the quality of life of hemodialysis patients.