Health Related Quality of Life in Patients on Maintenance Hemodialysis; A Descriptive Study in Two In-center Dialysis Units at a Major Tertiary Care Medical Institution in Sri Lanka

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The chronic and progressive debilitating nature, cumbersome fluid and dietary restrictions, obligatory time commitments with limitations in active participation in social life have shown to pose a significant bearing on a health-related quality of life (HRQOL) among people undergoing haemodialysis (HD). This study was aimed at describing the HRQOL and the associated factors among patients on maintenance hemodialysis. An analytical cross-sectional study included 317 hemodialysis patients. Kidney Disease Quality of Life-Short Form (KDQOL-SF™) was used to assess the HRQOL. Kidney disease summary component (KDSC), physical component summary (PCS) and mental component summary (MCS) scores which are derived from the KDQOL-SF™ were assessed. There was a preponderance of males among the study population (69.4%, N=220). Mean age of the study population was 51.8 ± 12.6 years. Median KDSC (70.7; inter-quartile range (IQR) 42-79.1), was higher than the median summary scores of PCS (31.9; IQR 16.2-40.7) and MCS (45.5; IQR 35.9-55.7). The results indicated that the HRQOL in relation to KDSC was significantly greater for females than for males (U = 7840.5, P = <.001). Screening positive for depression (U = 7015.5, P = <.001), having comorbidities (U = 3200.0, P = .001) and currently not being employed (U = 5085.5, P = .021) were significantly associated with low HRQOL in KDSC. HRQOL in relation to PSC (U = 7205.5, P = <.001) and MSC (U = 7927.5, P = <.001) were significantly greater for females than for males. Screening positive for depression (U = 7771.0, P = .001) was also significantly associated with low HRQOL in MSC. The HRQOL of the hemodialysis patients in the study population was found to be poor. Absence of comorbidities, screening negative for depression and being employed were found to be independently associated with better HRQOL.

Keywords: Health related quality of life, Haemodialysis, Morbidity and Mortality

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