

Assessing the Quality of Life using WHOQOL-BREF among Hemodialysis Patients in Monaragala District, Sri Lanka

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The effects of hemodialysis on overall Health-Related Quality of Life (HRQoL) in patients undergoing hemodialysis (HD) in Sri Lanka is unknown. This study aimed to evaluate the HRQoL among hemodialysis patients in the Monaragala district. Methods: In this prospective cross-sectional observational study, all adult patients (n=100) undergoing maintenance HD at two HD units in Monaragala from January 2022 to September 2022 were enrolled. HRQoL among patients on hemodialysis was measured using the World Health Organization Quality of Life Assessment Brief version (WHOQOL-BREF) questionnaire, which evaluates four domains: physical health, psychological health, social relationships & environment. Descriptive and inferential statistical (Pearson Correlation, two-tailed) analysis was conducted using SPSS Version 26. Results & Discussion: The mean (SD) age of 100 patients was 53.5 (11.83) years. The majority (77%) of the participants were males. Overall health satisfaction was 2.62 ± 0.852 out of five scores. Mean \pm SD scores of each HRQoL domain were physical 34.66 ± 11.80 , psychological 44.72 ± 12.69 , social 44.50 ± 17.28 and environmental 64.43 ± 12.67 . A moderately positive correlation was observed between physical and psychological domains ($r=0.621$, $p<0.05$). Weak positive correlations were observed between psychological domains and overall quality of life ($r=0.386$), overall health satisfaction ($r=0.317$), social relationship ($r=0.431$), and environmental domains ($r=0.416$), (p for all <0.05). A statistically significant association was found between patients having diabetes with physical ($p=0.001$) and psychological ($p=0.007$) domains of WHOQoL-BREF. A statistically significant association was found between females and overall quality of life ($p=0.029$). Furthermore, low education was associated with the social domain ($p=0.024$). Conclusion: The patients had overall better HRQoL scores in environmental domains than in other domains. The physical HRQoL was mainly impaired. Having diabetes female gender and low education levels impacted the HRQoL of HD patients.

Keywords: Hemodialysis, Quality of life, Sri Lanka, Renal failure