

Comparative study of the quality of life of patients with chronic kidney disease on hemodialysis and conservative treatment at the University Hospital of Amazonas

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Abstract: 40327

INTRODUCTION

Chronic kidney disease (CKD) results from the partial or total loss of excretory function of the kidneys and consequently will require conservative treatment, dialysis or kidney transplantation. Once installed, CKD can cause numerous impairments to the health and quality of life (QoL) of patients. QoL is represented by a wide dimensionality that involves physical, psychological, social and environmental aspects, among others. It can be evaluated, making it possible to know the effectiveness of treatments, as well as of the interventions performed by health professionals, as well as the impact of a disease on the lives of the affected person and their families.

OBJECTIVE

To evaluate and compare the quality of life of patients with CKD undergoing hemodialysis and conservative treatment treated at the nephrology service of a university hospital in the state of Amazonas.

METHODS

A total of 264 patients were interviewed, 134 on hemodialysis and 134 on conservative treatment, treated at the nephrology service, from May 2022 to April 2023, through the application of a sociodemographic and clinical questionnaire and the instrument for assessing QoL - Medical Outcomes Short-form Health Survey (SF-36), which has a multi-item scale and evaluates eight different health dimensions: functional capacity, physical aspect, pain, general health status, vitality, social functioning, emotional functioning, and mental health. Patients aged 18 years or older, with more than 3 months of hemodialysis and conservative treatment, who had good cognitive conditions to answer the research questions, were selected. The research was authorized by the Teaching and Research Management (GEP) of the University Hospital of Amazonas (n.:23531.011506/2021-84) and by the Research Ethics Committee (CEP) of the Federal University of São Paulo-UNIFESP (n.: 0071/2022. Opinion: 5.411.015).

FINDINGS

The sociodemographic and clinical variables of the 264 patients interviewed showed, after a comparative study of the groups, that the mean age of all patients was 54.6 years; It was observed that 52.7% were male, 51% were married; 68% were professionally inactive, 63.6% had a high school education, 65% did not have a caregiver, 52% had their own transportation to get to the hospital, 90.8% had Systemic Arterial Hypertension and 84.2% had Diabetes Mellitus, the mean treatment time in years for hemodialysis patients was 5.28 and for the conservative group it was 6.96.

All QoL scores were very compromised and the dimensions had mean values below 50 points of the patients in conservative treatment were: physical aspects 12.3; emotional aspects 29.0; functional capacity 30.9; general health status 36.0; vitality 45.6; social aspects 46.2 and five dimensions of the group of patients on hemodialysis did not reach 60 points, they were functional capacity 36.7; physical aspects 18.3; general health status 46.4; emotional aspects 23.2 and vitality 58.0. and mental health 46.8.

Tabela 1. Domínios SF-36

Variável	Conservative Group μ (±DP)	Hemodialysis Group μ (±DP)	Average Total μ (±DP)	p-value
Functional Capacity	30,95 (24,12)	36,7 (25,81)	33,83 (25,1)	0,0990
Physical aspects	12,31 (23,01)	18,37 (32,52)	15,34(28,28)	0,4331
Pain	51,38 (23,08)	65,52 (29,85)	58,42(27,54)	0,0002
General Health Status	36,06 (13,16)	46,44 (8,99)	41,25(12,39)	0,0001
Vitality	45,64 (20,08)	58,07 (13,84)	51,86 (18,3)	0,0001
Social Aspects	46,21 (24,22)	71,31 (31)	58,76(30,48)	0,0001
Emotional Aspects	29,04 (35,53)	23,23 (38,62)	26,14(37,15)	0,0239
Mental Health	50,24 (20,25)	66,33 (14,45)	58,29(19,32)	0,0001
Total	132	132	264	264

Fonte: autor,2023.

CONCLUSION

All dimensions of QoL of patients with CKD undergoing conservative and hemodialysis treatment are compromised, and of these, 6 scored below 50 points. Short- and medium-term measures need to be taken to improve patients' QoL.

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