

# A Qualitative Study to Assess the Living Experience of the Patient with Chronic Kidney Disease Undergoing Hemodialysis At Sharda Hospital, Greater Noida, Uttar Pradesh

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## ABSTRACT

**Background:** Chronic kidney disease is a major problem in the world. CKD patients are increasing day by day because chronic kidney disease affecting the both the countries developed or developing county. Millions people are dying due chronic kidney disease. In developing countries, treatment with hemodialysis or kidney transplantation creates a hug financial burden for the majority of the people who need it. In another 112 countries, many people cannot afford treatment at all, resulting in the death of over millions people annually from untreated kidney failure.

The main cause of chronic kidney disease like, polycystic kidney disease, diabetes, hypertension, glomerulonephritis, multiple renal stone, or any bacterial infection. Risk factor included family history of kidney disease or life style

**Materials and Methods:** For the present study, A phenomenological design was used for this study. Purposive sampling technique was adopted for the selection of sample. Data collection was done by using questionnaire Demographic Performa and semi- structured questionnaire on Living Experience of The Patient with Chronic Kidney Disease Undergoing Hemodialysis using audio- taped interview method. The study was conducted in the Sharda hospital at Greater Noida, Uttar Pradesh.

**Results:** The study revealed that, majority(50%) of them belongs to the age group of 41-50 years, most(75%) of them were males, majority (50%) of them had secondary education, around 75% of them were Hindus, most(75%) of them were doing own business, most(75%) of them had <15,000 income per month, 50% of them source of information was mass media and remaining 50% by friends and family around 25% of them had  $\geq 6$  years duration of illness and most(75%) of them vegetarians. Majority of the samples (n=14) (70%) were having a minor symptoms of nausea and vomiting during and after hemodialysis. Majority of the samples(n=12) (60%) have reported that they feeling weakness and legs cramps during hemodialysis. Majority of the sample were under stress and having family problems with the health conditions and they are expecting comprehensive care and health care support from health care professionals to improve their health and minimize the symptoms during and after hemodialysis.

**Conclusion:** More time is required to explore the living experience of the patients those who are undergoing hemodialysis experiencing various physical and psychological issues due to their health condition and worrying about their family and financial stress etc. It is very important for health care professional to understand the problems experienced by these patients to render comprehensive care.

**Keywords:** Assess, dialysis, living experiences, Chronic Kidney Disease, Hemodialysis

## INTRODUCTION

Chronic renal disease is a major health concern that incurs poor health consequences and high health care costs,<sup>1</sup> with greater prevalence among the elderly. Dialysis is an appropriate treatment for the elderly with renal failure, especially for those blessed with good quality of life. Hemodialysis treatment increases the survival rate and life expectancy of the patients, but it involves numerous challenges for the patient. Patients with chronic renal failure are among vulnerable groups. Severity of vulnerability in these patients is expected to exacerbate when they reach old-age.

## NEED FOR THE STUDY

According to the National Kidney Foundation (NKF) 10% of the world population are affected by chronic kidney disease and million died each year because they don't have enough money to affordable treatment of the kidney disease. Chronic kidney disease affected 753 million people worldwide in 2016, 417million females and 336million males in 2015 it caused 1.2 million people deaths up from 409 ,000in 1990. The causes that contribute to the greatest number of deaths are high.

## TITLE OF THE STUDY:

A Qualitative Study to Assess the Living Experience of The Patient With Chronic Kidney Disease Undergoing Hemodialysis at Sharda Hospital, Greater Noida, Uttar Pradesh

## OBJECTIVES OF THE STUDY:

To explore the Living Experience of The Patient with Chronic Kidney Disease Undergoing Hemodialysis

## MATERIALS AND METHODS

A phenomenological design was used for this study. The target population for the study was patients in selected hospital of Greater Noida. A total of 20 sample were recruited for the study. Data collection was done by using questionnaire contains two Sections. Section-A: Demographic Performa and Section –B semi- structured questionnaire on Living Experience of The Patient with Chronic Kidney Disease Undergoing Hemodialysis using audio- taped interview method. Data analyzed was done based on objectives. Frequency and percentages by using descriptive statistics and thematic analysis was done based on verbatim of the participants.

## RESULTS: Findings related to Demographic

### 1. Table 1: Findings related to demographic characteristics of the patients with chronic kidney disease undergoing hemodialysis

Sample Characteristics	Frequency	Percentage
<b>1. Age in years</b>		
30-40	5	25
41-50	10	50
51-60	5	25
<b>2. Gender</b>		

Male	15	75
Female	5	25
<b>3. Educational status</b>		
No formal education	0	0
Primary education	5	25
Secondary education	10	50
Graduation and above	5	25
<b>4. Marital status</b>		
Married	20	100
<b>5. Religion</b>		
Hindu	15	75
Muslim	5	25
<b>6. Occupation</b>		
Business	15	75
Private	5	25
<b>7. Income</b>		
≤15,000	15	75
>15,000	5	25
<b>8. Source of information</b>		
Mass media	10	50
Friends and relatives	10	50
<b>9. Duration of illness</b>		
1-2 years	10	50
3-5 years	5	25
≥6 years	5	25
<b>10. Dietary pattern</b>		
Mixed	5	25
Vegetarian	15	75

The data presented in table 1 revealed that, majority(50%) of them belongs to the age group of 41-50 years, most(75%) of them were males, majority (50%) of them had secondary education, around 75% of them were Hindus, most(75%) of them were doing own business, most(75%) of them had <15,000 income per month, 50% of them source of information was mass media and remaining 50% by friends and family around 25% of them had ≥6 years duration of illness and most(75%) of them vegetarians.

**2.Findings related to assess the living experience off the patients**

**Symptoms experienced during and after hemodialysis**

**Minor symptoms during analysis:** Majority of the samples (n=14) (70%) were having a minor symptoms of nausea and vomiting during and after hemodialysis.

**Major symptoms during hemodialysis:** Majority of the samples(n=12) (60%) have reported that they feeling weakness and legs cramps during hemodialysis and researcher has observed that they are having low blood pressure through cardiac monitor.

**Support family:** All the sample (n=20) (100%) were getting positive response from family and friends to manage the disease condition and they are giving some valuable suggestions to improve their health

**Health care expectation from health care staff:** All the sample (n=20) (100%) are reported that they are expecting comprehensive care from health care professionals and support to reduce the severity of symptoms during and after hemodialysis.

**Coping strategies:** Majority of the sample (n=12) (60%) are following some kind of coping strategies to manage their physical stress and emotionally they are not stable to cope with the psychological stress.

**Food habits:** Majority of the sample (n=15) (75%) are non-vegetarian and they are facing minimal problems to follow the diet plan which is given by dietitian.

Most of the sample (n=5) are vegetarian and adopted very easily to manage the diet plan and follow the instruction of dietitian.

**Socio-economic status:** All the sample (n=20) are reported that they are belonging to low and moderate socio economic status and demographic data also showing that they are belongs to low and moderate socio economic status.

**Spiritual involvement:** Majority of the sample (n=18)(90%) are reported that they are doing prayers to reduce their stress and improve their health condition and also they reported that after doing prayer they are feeling stress free. (n=2) 10% sample were reported that prayers are not going to help.

## CONCLUSION

Majority of the sample were under stress and having family problems with the health conditions and they are expecting comprehensive care and health care support from health care professionals to improve their health and minimize the symptoms during and after hemodialysis. By identifying the problem an explaining the concern and needs experience by these patients and their family members or health professionals to co-operative of them for improving their health

## RECOMMENDATIONS

1. Study can be conducted on large sample.
2. Study can be conducted on long duration.

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