



"ASSESSMENT OF PSYCHOSOCIAL PROBLEMS AMONG PATIENT UNDERGOING HAEMODIALYSIS"

Ms. Binu Mishra

M.Sc. Nursing Previous year Department of Medical Surgical Nursing, Indore

Mr. Nilesh Mishra*

Lecturer Bombay Hospital college of Nursing, Indore *Corresponding Author

ABSTRACT

Worldwide estimated 200 million people have chronic kidney disease. Globally people in the low-to-middle income countries of Asia and Sub-Saharan Africa have highest rates of chronic kidney disease. A descriptive study was conducted to assess the psychosocial problem among patient undergoing haemodialysis. 30 patients undergoing haemodialysis in Bombay Hospital, Indore were selected by non-probability purposive sampling techniques. Data was collected through non standardized psychosocial problem assessment scale. Demographic data revealed that 40% (12) patients were belong age between 51-60 years, 53.33% (16) patients were female, 86.66% (26) patients were married, 63.33% (19) patients were working full time and 60% (18) patients belonged to joint family. The study finding showed that 99% (27) haemodialysis patients have moderate level of psychosocial problems and 10% (3) haemodialysis patients had severe level of psychosocial problems. In aspects wise assessment of psychosocial problem, it is found that 76.6% patients had moderate level anxiety, 53.3% had severe depression, 56.6% and 73.3% patient were facing moderate level of problems related to family support and social support respectively. This study concluded that patients undergoing haemodialysis are facing variety of psychosocial problems and there may be interrelationship between psychosocial factors, perception of illness, and clinical outcome.

KEYWORDS : Psychosocial problem, Haemodialysis, Chronic Kidney Disease.

INTRODUCTION

Chronic renal failure is a silent epidemic of 21st century. Haemodialysis is the most common method used to treat advanced and permanent kidney failure. It imposes a variety of physical and psychosocial stressors that challenge patients.

Globally people in the low-to-middle income countries of Asia and Sub-Saharan Africa have highest rates of chronic kidney disease. In India, it has been recently estimated that the age adjusted incidence rate of chronic kidney disease to be 229 per million population and > 100,000 new patients' renal replacement programs annually.

Any chronic illness is a potential life crisis for patient and their family. Chronic renal failure is not different, in-fact it is a psychosocial as well as a economic burden to the family. Early identification of psychosocial problems can prevent the development of depression in these patients. There for, it is important to have an accurate estimate of frequency and nature of psychosocial problem faced by these patients. Depression is generally accepted to be the most common psychosocial problems encountered in patient with end renal stage disease, although depressive somatology is commonly encountered in dialysis patients, the syndrome of clinical depression consists of the presence of a consultation of symptoms including anhedonia and feeling of sadness, helplessness, hopelessness, financial crisis etc.

NEED FOR THE STUDY

Chronic kidney disease is an irreversible progressive condition responsible for high morbidity and mortality. Many patients with chronic kidney disease have significant impairment in health related quality of life. Most previous studies have focused on clinical factors; however, quality of life can also be affected by psychosocial factors.

Jennifer & Thomas. (2013). conducted a study to assess the psychosocial experience of patients with end-stage renal disease and its impact on quality of life. A needs assessment was conducted on renal patients registered to a leading hospital trust in London in order to explore their psychological, social, and spiritual needs. The aim of the needs assessment was to create an evidence base for the development of a comprehensive health psychology service to run concurrently with a renal counseling support service within the department. This study utilized a series of semi structured face-to-face interviews and focus groups with renal patients and their carers, to explore how ESRD impacted quality of life. A thematic

analysis was undertaken. Seven emergent themes were identified that influenced the quality of life of people with ESRD: physiological impact, impact of treatment, impact on daily life, psychological impact, impact on relationships, social impact and coping responses. The needs assessment clearly identified that ESRD carries with it emotional, physical, psychological, social, and existential burdens. The data from this needs assessment study has created an evidence base upon which future health psychology services can be built within this leading UK hospital.

After a comprehensive review of literature, investigator felt that, there are so many psychological and social factors have been affected in duration of haemodialysis. It is very necessary to assess psychosocial problem among patients undergoing haemodialysis for planning the strategies to resolve them.

STATEMENT OF THE PROBLEM

A Descriptive study to assess the psychosocial problems among patient undergoing haemodialysis in selected hospital, Indore.

OBJECTIVES

- To assess the psychosocial problems among patient undergoing haemodialysis.
- To find out the association between psychosocial problems of patient undergoing haemodialysis with their selected socio-demographical variables.

HYPOTHESIS

- **H₁:** There will be significant relationship between the psychosocial problems of patient undergoing haemodialysis and their selected socio- demographic variables.
- **H_{1o}:** There is no significant relationship between the psychosocial problems of patient undergoing haemodialysis and their selected socio- demographic variables.

METHODOLOGY

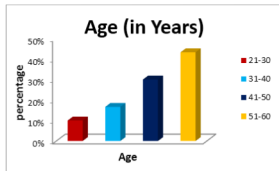
A quantitative research approach with descriptive research design was used, 30 patient undergoing haemodialysis in Bombay Hospital Indore, was selected by using non probability purposive sampling technique. Data was collected through non standardised psychosocial assessment scale (likert scale) and analysed by descriptive & inferential (chi-square test) statistics.

RESULT AND FINDING

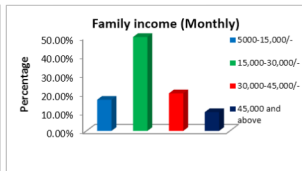
Section- A:-Description about the Socio-demographic characteristics of patient undergoing haemodialysis

In this study socio-demographic data reveals that,

- Most of the patient undergoing haemodialysis 13 (43.33%) belonged to 51-60 years of age group, whereas 9 (30%) were 41-50 years old, 5 (17%) patient undergoing haemodialysis were belong to 31-40 years of age group and only 3 (10%) belonged to 21-30 years of age. (Graph 1.1)



Graph 1.1



Graph 1.2

- Majority of patient undergoing haemodialysis 16(53%) were female.
- 11(36.60%) patient undergoing haemodialysis had completed primary level of education, whereas 10(33.30%) has completed were education at higher secondary level, 5(16.60%) at completed secondary level of education and only 4 (13.30%) patient undergoing haemodialysis studied at graduation and

above.

- 26 (86.60%) patient undergoing haemodialysis were married, and whereas 2 (6.66%) were single and 2 (6.66%) widower with respectively.
- Most of patient undergoing haemodialysis 15 (50%) selected within monthly income 15,000-30,000 rupees, 6 (20%) had income between 30,000-40,000 rupees, 5 (16.60%) had income range of 5000-15,000 rupees per month and 3 (10%) monthly income 45,000 and above rupees. (Graph 1.2)
- Patient undergoing haemodialysis 19 (63.30%) belonged to nuclear family and 11 (36.60%) was from joint family.

Section: B:- Finding related to assessment of psychosocial problems among patient undergoing haemodialysis

Table (1.1): Assessment of Psychosocial problem among patient undergoing haemodialysis.

S.No	Grading	Score	Frequency	Percentage	Mean
1	Low	Below 34%	0	0%	54.73
2	Moderate	34 – 67 %	27	90%	
3	Severe	Above 68%	3	10%	

Table (1.2): Aspects wise evaluation of psychosocial problem of Patient undergoing haemodialysis

S No	Aspects of psychosocial problem	Level of psychosocial problem					
		Low		Moderate		Severe	
		Percentage	Frequency	Percentage	Frequency	Percentage	Frequency
1	Anxiety	0	0	23	76.66%	7	23.34%
2	Depression	2	6.70%	12	40%	16	53.30%
3	Family Support	10	33.30%	17	56.6%	3	10%
4	Social Support	5	16.60%	22	73.30%	3	10%
5	Role Changes	9	30%	20	66.60%	1	3.30%

Table (1.1) shows that most of the patient 27 (90%) had Moderate level of psychosocial problem and 3 (10%) patient had severe level of psychosocial problem. Whereas Table (1.2) reveals aspects wise assessment of psychosocial problem, it is found that 76.6% patients had moderate level anxiety and 23.34% had severe level of anxiety. 53.3% had severe depression, 56.6% and 73.3% patient were facing moderate level of problems related to family support and social support respectively. 66.6% patients were facing moderate level of problems related to role changes.

Table (1.3): Aspects wise evaluation of Mean & Standard deviation of psychosocial problem

S. No.	Aspects of psychosocial problem	Max Statement	Max. Score	Mean
1	Anxiety	3	15	11.16
2	Depression	3	15	9.5
3	Family Support	3	15	6.5
4	Social Support	3	15	7.4
5	Role Changes	3	15	6.6

Section- C:- Finding related to association of psychosocial problem of patient undergoing haemodialysis with their selected socio-demographic variables

The demographic variables of patient undergoing haemodialysis (age, gender, marital status, occupation, employment status, monthly income, and type of family) were found not significant relationship with the psychosocial problems, hence the null hypothesis (H0) is accepted and alternative (H1) hypothesis are rejected.

CONCLUSION:

This study concluded that patients undergoing haemodialysis are facing variety of psychosocial problems and there may be interrelationship between psychosocial factors, perception of illness, and clinical outcome. Severity of illness and treatment dependency could be the main cause in patient undergoing haemodialysis for development of psychosocial problem.

IMPLICATIONS:

The implication of the study could be discussed under three broad areas, mainly nursing education, Nursing practice and Nursing research.

Implications for nursing practice

- Research findings can help the nursing faculties working in the dialysis unit to modify the personalized care as per the psychosocial need.

Implications for nursing education

- Findings will help the nurse educators to educate the student nurses regarding the identification and management of psychosocial problems among dialysis patient by modifying their lesson plan and can educate the health care practitioner to prepare a self instructional module for the individual, family and society regarding identification and early prevention of psychosocial problems among patients with haemodialysis.

Implications for nursing research

- The finding of the study will help the researchers to identify the psychosocial problem among dialysis patients and help them to develop a standardized scale to assess the psychosocial problems.

RECOMMENDATIONS:

On the basis of findings of the study the following recommendation are being made:

- A similar study can be conducted on large samples.
- A methodological study can be carried out to assess the psychological problem among patient undergoing haemodialysis.

REFERENCES

- Brunner & Suddarth's .Text book of medical- surgical Nursing. 11th edition. Lippincott publication;2008.
- Sharma R, Grover VL, Chaturvedi S. Kidney diseases in India. Indian Journal Med. 2009 Aug 50(8): 30-3.
- Rai. M, Depression, insomnia and sleep apnea in patients on maintenance haemodialysis. Indian Journal of Nephrology. 2011 October-December 21(4): 223-229. Available from: <http://www.ncbi.nlm.nih.gov/PMC/articles/PMC3193663>.

4. Feroze. U, Anxiety and depression in maintenance dialysis. National Kidney Foundation. PMID:22200444.
5. Y.J Lee. Association of depression and anxiety with reduced quality of life in patients with predialysis chronic kidney disease. The international journals, 2013, Volume 67, issue 4, Pages 363-368. Available from: Online library.wiley.com/doi/ 10.1111/ijcp.12020.
6. Karamanidou C, Theofilou, P Ginieri Coccossis, M Synodinou C Papadimitriou G Anxiety, depression and health beliefs in end stage renal disease (ESRD) patients. 17th European Congress of Psychiatry. Lisbon, 2009; Abstract R38.
7. P Arun Valan, OSR Journal of Nursing and Health Science (IOSR JNHS e-ISSN: 2320-1959, p ISSN: 2320-1940 Volume 6, Issue 2 Version III(March-April, 2017) PP 01-04. www.iosrjournals.org.