

## QUALITY OF LIFE AMONG SAUDI PATIENTS WITH CHRONIC RENAL FAILURE IN AL-MADINAH KSA, 2017

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### ABSTRACT

**Background:** Chronic kidney disease (CKD) It is defined as gradual loss of kidney's ability to filtrate wastes and excess fluids from the body.<sup>[1]</sup> CKD affects approximately 14.2% of all people all over the world that equal 600 million of people and more than 15,000 of people per year in KSA.<sup>[2]</sup> **Objective:** To assess the quality of life among patients with chronic kidney disease in king Fahad Hospital in Al-Madinah, KSA. **Method and Material:** Self-administered questionnaire to assess the quality of life among patients with chronic kidney disease in king Fahad Hospital in Al-Madinah, KSA. **Result:**

Generally, we found that patient with chronic renal disease underwent renal dialysis they are old people with low socioeconomic status and less satisfaction of wellbeing sense and physically limitation. also, we compare between them according to daily activity we found that patients underwent renal dialysis process are facing problem in work and travel, also we found they are suffering from body aches, decrease productivity and lack of interest of general appearance. according to health status, patients without renal dialysis have satisfaction and energy more than other group which they are suffering the opposite depressed status, mood swing and tiredness and also, suffering physical problem. **Conclusion:** There is significant difference between the two groups according to three domains and that what we hypothesized in the study "how chronic kidney disease contribute in affecting the normal quality life of patient"

**KEYWORD:** Renal failure; Quality of life; Renal dialysis.

## INTRODUCTION

Chronic kidney disease (CKD), also called chronic kidney failure. It is defined as gradual loss of kidney's ability to filtrate wastes and excess fluids from the body.<sup>[1]</sup> CKD affects approximately 14.2% of all people all over the world that equal 600 million of people and more than 15,000 of people per year in KSA.<sup>[2]</sup> The two main causes of chronic kidney disease are diabetes and high blood pressure, which are responsible for up to two-thirds of the cases.<sup>[3]</sup> Most people may not have any severe symptoms until their kidney disease is advanced. The patient may present with tired and less energy, disturbance of concentration, sleep disturbance, muscle cramping at night, swollen feet and ankles, puffiness around your eyes, especially in the morning and dry, itchy skin.<sup>[3]</sup>

There is an ever expanding body of literature related to various factors that affect QOL, like genetic, environmental, psychosocial, stress, emotional, and co-morbidities.<sup>[4]</sup> And also, the association of patient's satisfaction about health care provided is affect quality of, but still there is no enough study about that.

Despite technical progress in therapy, hemodialysis patients continue to report health-related quality of life (HRQOL) substantially lower than that of the general population.<sup>[5]</sup>

There are many diagnostic tests defined by different associations for to determine CKD. Serum Creatinine test is the most accurate test for diagnosis deterioration kidney function if the Lab value more than 1.5 mg/dl. Blood Urea Nitrogen is also another test for diagnosis, if it is more than 20 mg/dl.

## METHODS

A cross sectional study will be done using self-administered questionnaire in Al-Madinah, Saudi Arabia between December and January 2016 / 2017. It will include about 300 patients with CKD. Before inclusion of any participant in the study, a written signed consent will be obtained after explanation of the objectives and methodology of the study to patient. Patient will be included if he is Saudi, adult and regular attendance to dialysis unit at King Fahad hospital department of dialysis unit. Privacy and confidentiality of the participants were assured.

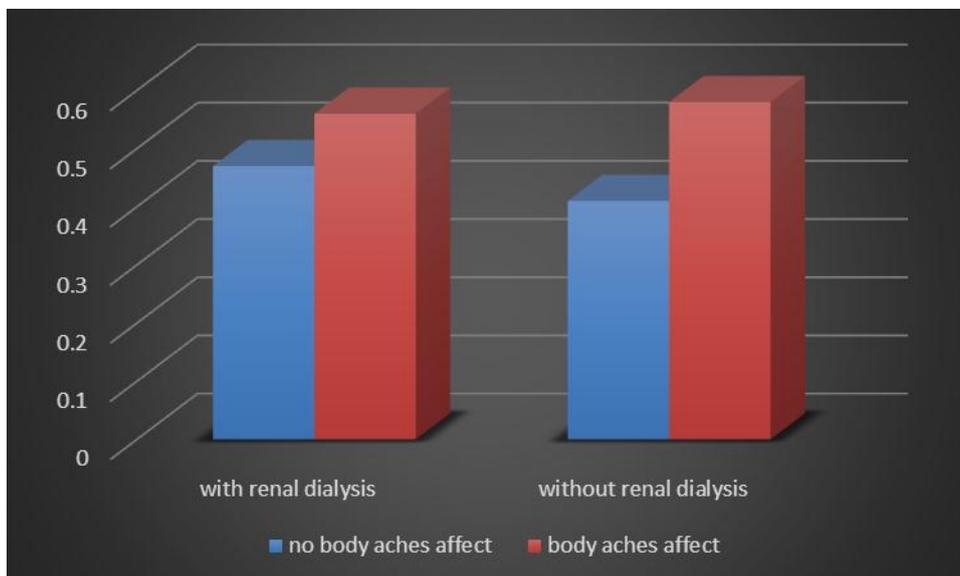
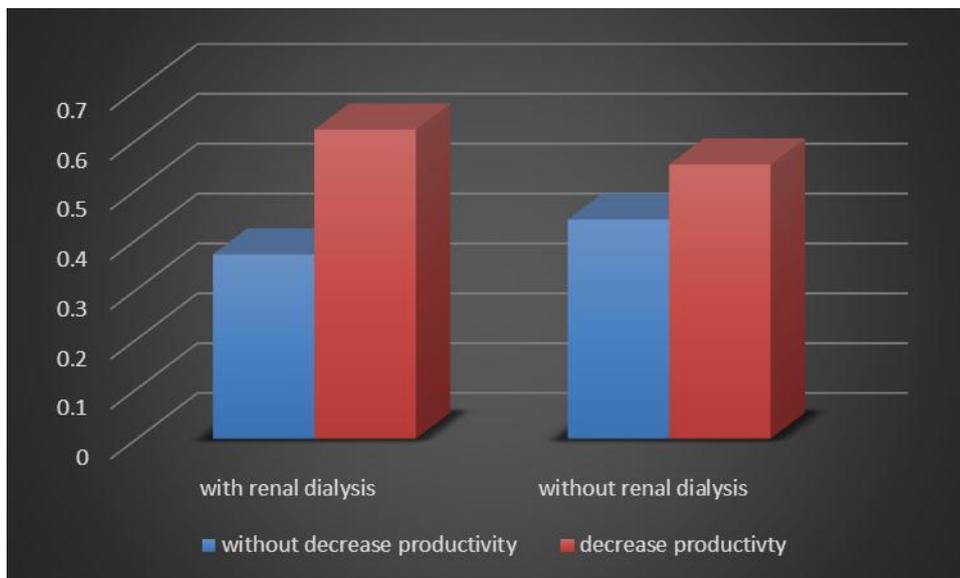
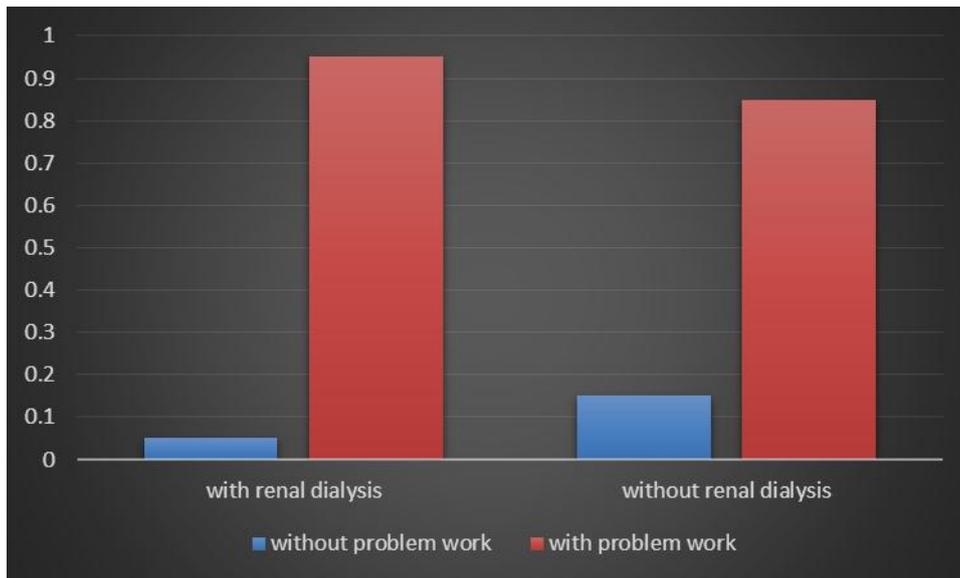
The questionnaire will be containing five parts: demographic information (include: name, recent and diagnosis age, education level, gender, nationality and marital state). General

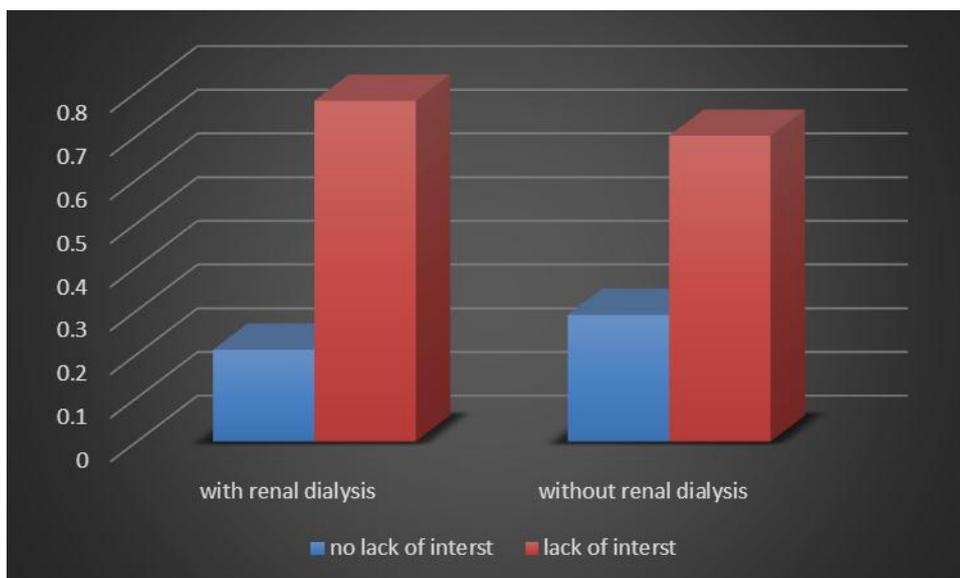
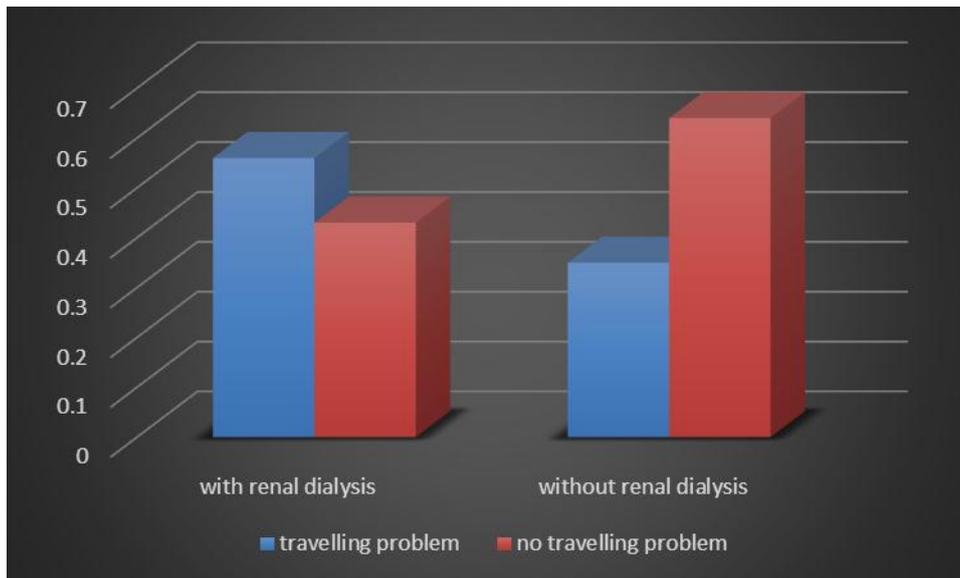
health of patient (include: condition of disease before one year, limitations of disease, physical and emotional health problems and course of disease). Condition of kidney disease (include: disease interference, extent of symptoms of disease, affecting of specific daily activities). Effect of kidney diseases on patient's daily life (include: all life style modalities of patient: e.g. general appearance of patient and sleeping.....etc.). Satisfaction with care (include: proper health care provided).

The data will be entered into the computer and will be analysis by using SPSS version 20. Data will be presented using frequencies, means, and standard deviation. Bivariate analysis will be conducted to test significant differences. Chi-square test was used for qualitative variables and student t -test was applied for quantitative variables.  $P < 0.05$  was considered significant.

## RESULT

We divided population into two groups, grouped by renal dialysis and other without renal dialysis patients and compare between them according to three important life domains (sociodemographic - daily activity - mental health). patient with renal dialysis number was 161 out 195, the mean age was 47.9 years. the male to female ratio {0.66:0.34} respectively. the quality of life among Saudi patient with chronic renal disease according to socio demographic characteristics which consist of age, sex, duration of illness, education, marital status, income, sense of wellbeing, life style. generally, we found that patient with chronic renal disease underwent renal dialysis they are old people with low socioeconomic status and less satisfaction of wellbeing sense and physically limitation because of generally body ach and restrict fluid intake. also, we compare between them according to daily activity we found that patients underwent renal dialysis process are facing problem in work and travel. also, we found they are suffering from body aches, decrease productivity and lack of interest of general appearance. according to health status, patients without renal dialysis have satisfaction and energy more than other group which they are suffering the opposite depressed status, mood swing and tiredness and also, suffering physical problem such as numbness, dizziness, itching and all these affect them negatively according to their social life. finally, we can conclude there is significant difference between the two groups according to three domains and that what we hypothesized in the study "how chronic kidney disease contribute in affecting the normal quality life of patient".





## DISCUSSION

Chronic kidney disease (CKD) It is a disease defined as gradual loss of kidney's ability to filtrate wastes and excess fluids from the body. CKD affects approximately 14.2% of all people all over the world that equal 600 millions of people and more than 15,000 of people per year in KSA. And Despite technical progress in therapy, hemodialysis patients continue to report health-related quality of life (HRQOL) substantially lower than that of the general population.

According to our knowledge, this study is the first evaluation of effect of renal dialysis on quality of patient's life conducting in king Fahad Hospital in Al-Madinah. KSA.

In this study, we divided population into two groups. grouped by renal dialysis and other without renal dialysis patients and compare between them according to three important life domains. And Our result showed the majority of patients with renal dialysis (66%) were males. Both male and female with or without renal dialysis were old and have low socioeconomic status and less satisfaction of interest and happy of their life and physically limitation.

We compared between two groups according daily activity (work and travel) and we found, (0.9) with renal dialysis facing problem with work and < (0.1) are not have. And (0.85) without renal dialysis having problem with work and > ( 0.1) but less than (0.2) are not have. According traveling problem, the result multiply twice in patients with renal dialysis (0.6) compared with patient without dialysis (0.3). but there are (0.35) not have traveling problems with renal dialysis. And (0.55) without renal dialysis not have a problem.

Our result showed all patients with renal disease have approximately body ache and physical limitation (0.52). And (0.42) of patients with renal dialysis dint have body ache, but the value decrees slightly (0.39) in patient without renal dialysis.

Almost patients with renal disease have lack of interest of their life, but the value increase more in whom with renal dialysis (0.71) instead who are not on dialysis the value was (0.65). and > (0.1) of patients on renal dialysis and > (0.2) who are not on dialysis have high satisfactions of wellbeing sense.

In conclusion, the renal dialysis among patients with chronic renal disease is strongly impact in their life style. Therefore, health officials in community must increase their effort to help and readjust patients with chronic renal disease with their new experience.

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