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Assess the level of fatigue among chronic kidney disease patients with A.V fistula undergoing hemodialysis

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Abstract

Introduction: Chronic kidney disease (CKD) is a long term condition where the kidneys do not work as well as normal. CKD does not usually cause any symptoms until it has reached an advanced stage. It is usually detected at earlier stages by blood and urine tests. Hemodialysis is the type of dialysis that most people are aware of it. It involves inserting a needle, which is attached by a tube to a dialysis machine, into a blood vessel. Blood is transferred from body and into the machine, which filters out waste products and excess fluids. The filtered blood is then passed back into the body. Most people require three sessions of hemodialysis in a week, with each session lasting for four hours. The aim of the study is to assess the level of fatigue among Chronic Kidney Disease patients with AV fistula undergoing haemodialysis.

Methodology: A cross-sectional study was conducted on 100 Participants who are admitted in dialysis unit in Ramachandran Reddy Hospital who fulfilling the inclusion criteria. A Modified Multi-Dimensional Rating scale to assess the level of fatigue. It consists of 18 items.

Results: The scores shows that 54(54%) were having Moderate Fatigue level and 46(46%) were having severe Fatigue level of score. Frequency and percentage distribution to assess the level of fatigue among CKD patients with AV fistula undergoing hemodialysis. The mean value fatigue is 9.06 and SD of 1.6.

Conclusion: Most of the CKD patients having moderate level of fatigue with A.V fistula however, need to conduct interventional studies to reduce the fatigue.

Keywords: Fatigue, A.V. fistula, chronic kidney disease, hemodialysis

Introduction

Fatigue is an extreme tiredness resulting from mental or physical exertion or illness and is associated with impaired health related quality of life (HRQOL). The prevalence of fatigue ranges from 60% to as high as 97% in patients on long term renal replacement therapy. 94% of hemodialysis patients with frequent dialysis, would need an associated with an increased level of energy. The importance of alleviating the fatigue from patients, who are on Dialysis, remains largely unaware amongst Health care Professionals ^[1].

Fatigue is common in chronic hemodialysis (HD) patients and impacts on daily living, impairs significantly the quality of life, increases the risk of cardiovascular events and negatively influences survival. Although numerous social, demographic, clinical, and laboratory variables have been associated with fatigue, the causes of this symptom are often unclear. In the absence of an underlying, treatable disorder, the results of therapeutic intervention are typically frustrating. So far, none of the drugs tested can be recommended for preventing and treating fatigue in chronic HD patients. There is some evidence that exercise may significantly improve fatigue in dialysis patients ^[2].

In the dialysis population, physiologic, behavioral, treatment-related, and individual characteristics may be correlated with fatigue. Physiologic etiologies include anemia, malnutrition, uremia, dialysis inadequacy, hyperparathyroidism, coexisting chronic illnesses, sleep disorders, depression and side effects of medications. Dietary and fluid restriction may also play a role. Physical inactivity has been associated with higher levels of fatigue ^[3]. Sofia Zyga *et al.* (2015) conducted a quantitative study to assess the fatigue in end stage renal disease undergoing hemodialysis in dialysis hospitals at Athens region.

The objective of the study is to assess the level of fatigue and demographic factors among 135 patients undergoing hemodialysis with End stage renal disease. The data was collected by using Greek Version of the Fatigue Assessment Scale (FAS). The results showed that mean FAS score was 24.99. 49 patients (38.0%) were non-fatigued, 61 patients (47.3%) were fatigued, and 19 patients (13.7%) were extremely fatigued. The study concluded that this study can be used in the assessment of fatigue and early identification of high-risk patient use of this knowledge by hemodialysis nurses may lead to a better understanding of the factors of fatigue in ESRD, which in turn may lead to a more effective treatment.

Methodology

The research approach was adopted for the study is quantitative approach. A cross sectional descriptive design was used. Non probability Simple random sampling technique was used for the study. The study was conducted among 100 hemodialysis patients at Ramachandran Reddy Hospital, Nellore. The setting was chosen based on of investigation’s feasibility in terms of availability of required sample. The tool of the study consists of socio demographic data of patient- Modified Multi-Dimensional Rating scale to assess the level of fatigue. It consists of 18 items. Thy study was sought from the human ethical committee at selected hospital. The entire protocol was explained to each

participant regarding purpose and nature, benefit of the study and also assure their to withdraw from the study at any point of time. The information sheet and consent form given to each participant.

The study was conducted for a period of 4 weeks. Total 100 Patients were taken who are undergoing hemodialysis and fulfilled the inclusion criteria were selected by using Simple Random Sampling technique. Demographic variables and level of pain was assessed by Modified Multi-Dimensional Rating scale, the data analysis were planned as frequency and percentage distribution of socio demographic variables. Mean and standard Deviation based on level of fatigue among CKD patients with AV fistula undergoing hemodialysis.

Results

The result showed that frequency and percentage distribution of demographic variables of CKD patients with AV fistula undergoing hemodialysis are Frequency and percentage distribution to assess the level of fatigue among patients with Hemodialysis by using Modified Multi-Dimensional Rating scale shows that 54 (54%) were having Moderate Fatigue level and 46 (46%) were having severe Fatigue level of score. Frequency and percentage distribution to assess the level of fatigue among CKD patients with AV fistula undergoing hemodialysis. The mean value fatigue is 9.06 and SD of 1.6.

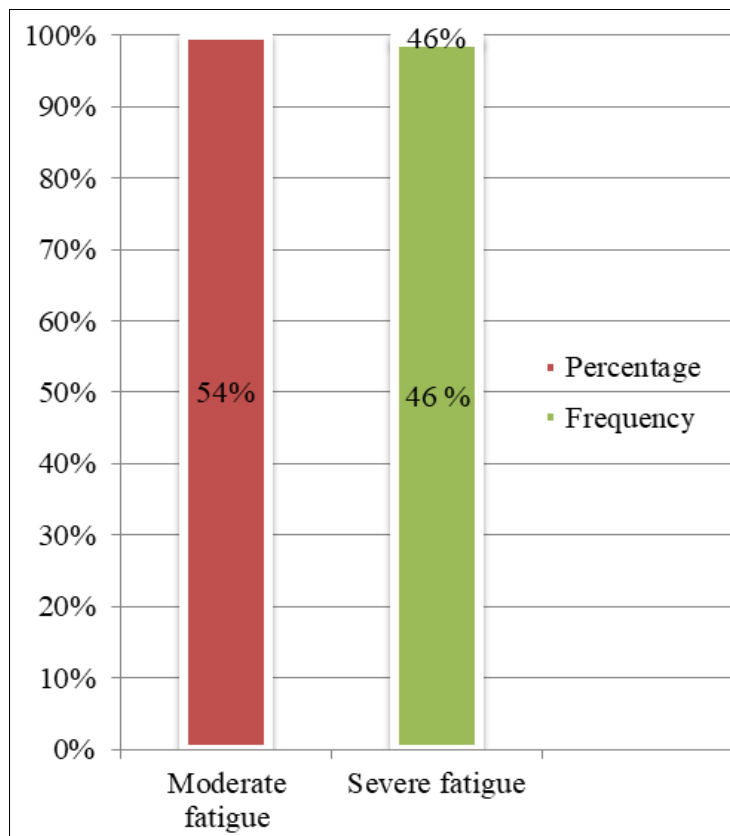


Fig 1: Show moderate fatigue level and severe Fatigue

Discussion

The data was analyzed and the findings were discussed based on the objectives of the study. The first objective is to assess the level of fatigue among CKD patients with A.V fistula undergoing hemodialysis 54 (54%) were having Moderate Fatigue level and 46 (46%) were having severe

Fatigue level of score. Frequency and percentage distribution to assess the level of fatigue among CKD patients with AV fistula undergoing hemodialysis. The mean value fatigue is 9.06 and SD of 1.6.

The second objective of the study is to find out association between levels of fatigue among Chronic Kidney Disease

patients with AV fistula undergoing Hemodialysis with selected socio demographic variables are showing non-significant. Statistical significance was confirmed using chi square test.

Implications

However, fatigue among dialysis patients is often unrecognized, neglected and untreated since symptoms are usually subjective, sometimes not verbalized by patients and not clearly identifiable. In view of this, these type of studies was to explore the fatigue among CKD patients and address their needs by nurses.

Conflict of Interest

Not available

Financial Support

Not available

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