

# Impact of consequences of chronic kidney diseases on quality of life and level of depression among hemodialysis patients

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**Introduction and Objective** - Physical and psychological consequences have an impact on quality of life (QOL) of patients with chronic kidney disease (CKD). This study was aimed to assess the severity of consequences of CKD, impact of consequences on QOL and evaluate the level of depression among patients undergoing dialysis treatment.

**Methodology** - This cross-sectional study was performed among 80 CKD patients at Dialysis Unit, Teaching Hospital Karapitiya. Interviewer administered questionnaire including WHO-BREF-QOL questionnaire and PHQ-9 Depression Scale was used.

**Results** – Mean age( $\pm$ SD) of the sample was 48( $\pm$ 11.50)years and 70% was male. Among participants, 56% were undergoing HD for twice a week and 44% for once a week. Among participants, 80% of them had moderate impact on sexual life; 76% and 56% were highly bothered about changes in their personal appearance and dry itchy skin due to consequences of CKD. 54% of Participant moderately bothered by fluid and dietary restrictions whereas 45% extremely bothered by loss of appetite. Consequences of CKD significantly affected on physical and psychological domains of QOL ( $p < 0.01$ ). Almost all the study participants had depression at any level (mild - 60%, moderate - 37%, severe - 3%).

**Conclusion** - The consequences of CKD were significantly affected on their physical and psychological health; higher the number of consequences of CKD may worsen the QOL of patients. The enhancement of QOL of dialysis patients should be focused on palliative care including both physical and psychological aspects.

**Key words:** Consequences of CKD, Depression, QOL