

**HEALTH RELATED QUALITY OF LIFE OF PATIENTS
ON MAINTENANCE HEMODIALYSIS AT KENYATTA
NATIONAL HOSPITAL**


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A dissertation submitted in fulfillment of the award of Master of Medicine in
Internal Medicine at the University of Nairobi

2011

DECLARATION

I certify that this dissertation is my original work and has not been presented for a degree in any other university.

Signed 

Date 17/10/11

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ABSTRACT

BACKGROUND

Health related quality of life is increasingly being recognized as a primary outcome measure in treatment of end stage renal disease. The health related quality of life of patients on maintenance hemodialysis is reduced. Several interventions directed at modifiable risk factors have been shown to improve quality of life of patients on hemodialysis.

GENERAL OBJECTIVE

To assess the health-related quality of life of patients on maintenance hemodialysis at the Kenyatta National Hospital and its determinants.

SUBJECTS

96 patients with end stage renal disease on maintenance hemodialysis

SETTING

Renal unit, Kenyatta National Hospital

DESIGN

Cross sectional descriptive study.

METHODS

Socio-demographic and clinical factors were recorded for all patients. Health-related quality of life was assessed using the Kidney Disease Quality of Life-36 questionnaire. Two summary scores and three subscale scores were calculated. The relationship between the health-related quality of life scores and the socio-demographic and clinical factors was assessed.

RESULTS

The mean physical composite summary and mental composite summary scores were 39.09 ± 9.49 and 41.87 ± 10.56 respectively. The burden of kidney disease subscale, symptom and problems subscale and effect of kidney disease on daily life subscale scores were 16.15 ± 21.83 , 73.46 ± 18.061 and 67.63 ± 23.45 respectively. No significant correlations were found between the health-related quality of life scores and the socio-demographic and clinical factors assessed.

CONCLUSION

This study shows that the health-related quality of life of patients on maintenance hemodialysis is reduced. The physical quality of life is more affected than the mental quality of life. No independent determinants of health-related quality of life were identified.