

# A Study on the Psycho-Social Problems of Patients Undergoing Dialysis Treatment

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## ABSTRACT

The prime objective of the study was to understand the psycho-social problems faced by dialysis patients. Dialysis patients face a range of challenges that extend beyond the physical aspects of their condition. This abstract deals with the emotional, social, and mental dimensions of the individual undergoing dialysis. The questionnaire method was used to collect data from 60 participants including females (N=24) and males (N=36) in the age group of 30 years from Ernakulum district. A simple random sampling method was used by the researcher to select participants. The study revealed that support groups, counseling services, and edconsultationams can play a critical role in helping patients cope with distress.

**KEYWORDS:** Dialysis, Treatment, Psycho-Social, Problem, Patient

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## INTRODUCTION

Chronic kidney disease (CKD) is growing among all population groups worldwide. Kidney disease is a major health problem. Kidney and urinary tract disease affects millions of people. Kidney disease can cause high blood pressure, anemia, and elevated cholesterol. When it is chronic, it leads to depression and sexual dysfunction. Kidney hormones help regulate blood pressure and calcium metabolism. Anytime the kidney's ability to remove and regulate water and chemicals is impaired by disease or blockage, fluids, and waste products accumulate, ultimately resulting in extreme swelling and symptoms of uremia (an overload of toxic by-products) or kidney failure. Even people with complete kidney failure can now lead reasonably normal lives because of modern dialysis techniques. In hemodialysis, an artificial kidney machine carries out the vital functions the kidneys can no longer perform. In this procedure, a person is connected to the machine by plastic tubing that attaches to special blood vessels in the arm or leg. The treatment can be done at home or dialysis unit.

## REVIEW OF LITERATURE

According to B.J. Hailey in the year 2000, a literature review of compliance behavior in patients undergoing hemodialysis was conducted. This review paper describes end-stage renal disease and a common treatment for hemodialysis. It requires patients to commit considerable time to their treatment, comply with strict dietary and fluid restrictions, and take medication regularly.

According to Daniel Cukor's research in 2001, Towards the Psychosocial Treatment of Depressed Patients on Dialysis, There is a growing literature on the bidirectional relationship between depression and various medical illnesses but depression in end-stage renal disease has been understudied.

## MATERIALS AND METHODS

The research approach used in the study was a quantitative approach by using d descriptive research design. The geographical universe of the study is Ernakulum district, Kerala and the study population consists of patients undergoing dialysis treatment in different hospitals in Ernakulum district. The unit of the study has been the individual dialysis patients in the Ernakulum district. A simple random sampling

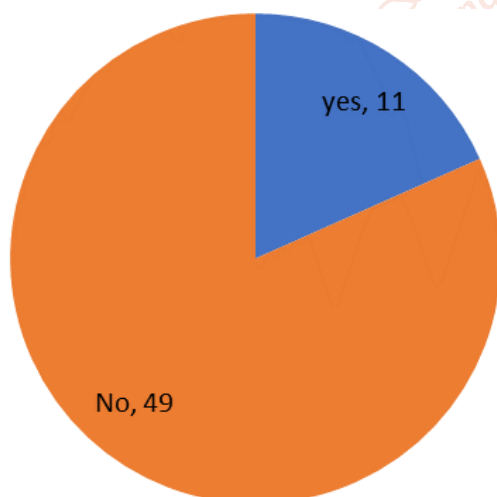
technique was used to select the study area and samples. Self-prepared questionnaire methods have been prepared as a tool to collect data from patients. The questions were developed through a literature review and consultation. Descriptive statistics were used to analyze the data.

**DATA ANALYSIS & INTERPRETATION  
RESPONDENTS STRESS DUE TO DISEASE  
CONDITION**

Sl. No.	Stress	Frequency	Percentage
1	Always	0	0
2	Sometimes	41	68.3
3	Rare	0	0
4	Never	19	31.7
Total		60	100

**RESPONDENT'S ANGER WITH FAMILY  
MEMBERS DUE TO DISEASE CONDITION**

Sl. No.	Anger	Frequency	Percentage
1	Yes	11	18.3
2	No	49	81.7
Total		60	100



**FINDINGS**

1. This study indicates that 96.7 % of respondents maintain good peer relationships, which help them to control emotional and psychological problems.
2. This study shows Most of the respondents (68.3 %) have sometimes felt stress due to their condition. The remaining 31.7% of the respondents have never felt stress. From this table, it is clear that disease condition and dialysis procedure increases the stress of the respondents.
3. This study indicates that 20% of respondents are unaware of the service of counselors.
4. The study shows that the family members are very much concerned about their disease and giving quality care and support and try to make them happy always

5. The study indicates that nausea and leg pain are the leading complications faced by patients undergoing dialysis

**SUGGESTIONS**

1. To develop a support system for dialysis patients such as family, friends, and self-help groups, especially for women. Encourage social participation of dialysis patients.
2. To develop a strategy for reducing the psychosocial problem of dialysis patients. Engage them in socially productive activities.
3. To develop counseling services for dialysis patients. Their family to cope with the problematic situations. Also, it helps to solve the maladjustments in the relationship with the patients.
4. To develop an association for dialysis patients. It is based on the people who suffer similar problems, which helps to know the problems of other patients.
5. To provide counseling services in each hospital once a week to reduce the stress of dialysis patients.

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