A STUDY TO ASSESS THE EFFECTIVENESS OF A SPECIFIC NURSING INTERVENTION PACKAGE ON QUALITY OF LIFE AMONG PATIENTS UNDERGOING HEMODIALYSIS IN A SELECTED HOSPITAL, BANGALORE.

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ABSTRACT

Background:
Quality of life is regarded as the most important measure of treatment outcomes. Chronic illnesses like Renal failure and its management in the form of RRT even though lifesaving, it has a profound impact on the quality of life. Exercise has shown to have a beneficial effect in terms of reduction of cardiovascular risk, maintenance of muscle strength, flexibility, endurance and thus improves the physical functioning.

Aims and Objectives:
1. To assess and compare the quality of life of hemodialysis patients in control group at selected time points.
2. To assess and compare the quality of life of hemodialysis patients in experimental group at selected time points.
3. To compare the quality of life of hemodialysis patients between experimental and control groups.
4. To determine the association of quality of life with selected baseline variables in both groups.

Methods:
A Quasi Experimental Pretest Posttest control group design was adopted in the study.
The study was conducted in the dialysis unit of St Johns Medical college Hospital. After obtaining the Ethical clearance and administrative permission, the subjects were identified according to inclusion criteria. Two hundred patients, who were undergoing the hemodialysis were enrolled in the study (100 in experimental and 100 in control group). Baseline quality of life was obtained using the SF 36 in both groups. The interventional package was administered to experimental group. They were taught to do exercises and Yoga specific to dialysis patients with the help of a video and a booklet. Patients were asked to practice these at home and maintain a log. The quality of life was again assessed after one month and 3 months for both the groups using SF 36.

**Results:**

The Study findings showed that the baseline quality of life was significantly lower in both groups (41.75 and 38.85 in experimental and control group respectively). Also there was a statistically significant improvement in the quality of life of the experimental group compared to the control group (p<0.001).

**Conclusion:**

The study results shows that the intervention which included counseling, exercise, Yoga and Dietary advice has a beneficial effect on the quality of life of hemodialysis patients especially on the physical functioning and wellbeing. These interventions are feasible to be implemented in every dialysis units and it has not had any adverse effects thus far. It can help to strengthen the rehabilitation of the dialysis patients and can be easily undertaken by the nurses.

**Key words:** Hemodialysis, Intervention Package, Quality of life, Exercise, Yoga, Counseling, Dietary Advice.