Quality of life and it’s determinant in hemodialysis patients in Kermanshah in 2010

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Abstract

Background: Ongoing measurement of quality of life especially in patients with chronic diseases, maybe the basis of health care evaluation. This study aimed to assess and identify factors affecting quality of life in hemodialysis patients in Kermanshah city.

Methods: This is a cross-sectional study carried on 98 cases of hemodialysis patients referred to two of teaching hospitals (Imam Khomeini and Imam Reza affiliated to Kermanshah University of Medical Sciences. Available sampling applied to patients who started dialysis at least three months before. Demographic data collected and SF-36 questionnaire of quality of life performed which its validity and reliability has been confirmed previously in Iran.

Results: The physical health score decreased with increasing age (P<0.05) and increased with increasing education level (P<0.005). In addition, physical health in those who did not exercise any time were less than the other (P<0.001). Overall mental health scores increased with increasing education level (P<0.001) and increasing household income was associated with increasing mental health score (P<0.05). The overall score of mental health for those who had always exercised was more than the others and for those who did not exercise any time was less than (P<0.001). The overall score of mental health in people who had dialysis twice a week was the highest (P<0.05).

Conclusion: Considering the impact of physical activity and socioeconomic status on patients' quality of life accounting, these factors in order to promoting the quality of life will be effective.

Keywords: Quality of life, hemodialysis

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