

## Study on Quality of Life among Patients Undergoing Hemodialysis in National Kidney Centre, Banasthali, Kathmandu

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**Abstract :** Health and well being of people is a crucial for accomplishing sustainable development goals of any country. The present study focuses on quality of life of patients undergoing hemodialysis. Hemodialysis is a life sustaining treatment for patients with end stage renal disease (ESRD). Hemodialysis can bring about significant impairment in health related quality of life (HRQOL). The purpose of this study was to assess the quality of life of hemodialysis patients undergoing hemodialysis. A descriptive cross-sectional research design was utilized in total 100 samples using random sampling technique. The findings revealed that the total quality of life of the patients was  $30.41 \pm 3.99$  out of 100. The total physical component score was statistically significant with education status of the patients where p value for t test was 0.03 ( $p=0.03$ ) and occupation of the patients where p value for the ANOVA test was 0.007 ( $p=0.007$ ). The study recommended that it would be better if awareness programs regarding chronic kidney disease and life style modification in hemodialysis patients is given to the patients so that it would help patients to maintain the HRQOL.

**Keywords :** health and well being, hemodialysis, patients quality of life

**Conference Title :** ICHMR 2020 : International Conference on Health and Medicine Research

**Conference Location :** Toronto, Canada

**Conference Dates :** July 16-17, 2020