

## Investigation of the Level of Physical and Mental Health of Patients Undergoing in Chronic or Transient Hemodialysis at Artificial Kidney Unit

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**Abstract :** Objective: The objective of this study was the investigation of the mental health of patients undergoing chronic or transient hemodialysis at Artificial Kidney Unit, as well as its relationship to the demographic characteristic of patients. Material and Method: The study took place in Larisa during the month of December in 2016 and the sample was composed of 60 patients undergoing in chronic or transient hemodialysis at Artificial Kidney Unit of the University General Hospital of Larisa. For the investigation of the physical and mental health of patients who participated in the study, the tool measurement << General Health Questionnaire- 28 >> (GHQ-28) was used. The questionnaires were administered with the interview method during the hemodialysis. This survey is designed for the existence or not of a mental disorder. It examines four factors (physical symptoms, anxiety, social dysfunction and depression). Results: The hemodialysis patients gave the following scores: - to the physical symptoms, women showed a higher average value than men ( $1,16 \pm 1,26$  against  $0,49 \pm 0,93$ ), -at the anxiety scale, it seems that women are superior to men ( $1,68 \pm 1,20$  against  $0,90 \pm 1,22$ ), -at the social dysfunction scale, the elderly patients ( > 65 years old) were presented a with higher average ( $2,59$ ), and -at the depression scale, patients with a higher average value were those who lived in non-urban areas. The appearance of mental disorder, in relation to patient characteristics, did not show significant statistical correlation. The sex, the age and the place of residence affect more the assessment of mental health, while education did not seem to have any significant effect on the other. Conclusions: The hemodialysis process can significantly affect the patient's Quality of Life and it can bring adverse changes in lifestyle, affecting the physical, social and psychological state of the individual. For that reason, hemodialysis should be aimed not only at extending life but in upgrading the Quality of Life.

**Keywords :** hemodialysis, chronic kidney disease, depression, social dysfunction, physical condition

**Conference Title :** ICHNTT 2018 : International Conference on Humanistic Nursing and Transcultural Theory

**Conference Location :** Kuala Lumpur, Malaysia

**Conference Dates :** December 05-06, 2018