

Quality of life and its associated factors among chronic kidney disease patients registered at the nephrology clinic of Teaching Hospital Kalutara

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Introduction - Chronic Kidney Disease (CKD) is a growing health issue in Sri Lanka, largely driven by hypertension and diabetes. Despite its impact on Quality of Life (QOL), limited research exists in the Kalutara district.

Objective

To determine the quality of life and its associated factors among chronic kidney disease patients registered in the nephrology clinic of Teaching Hospital, Kalutara.

Methods - A descriptive cross-sectional study was conducted among 361 patients with CKD, irrespective of the stage, who were registered at the Nephrology Clinic. Patients were selected using systematic sampling technique according to their order of clinic registration. A self-administered questionnaire was given to the participants, which included the Kidney Disease Quality of Life—Short Form (KDQOL-SF) version 1.3 questionnaire validated to Sri Lanka. Associations were tested using chi-square test, at $p < 0.05$ significance level.

Results - The response rate was 100%. Most of the study participants (52.4%) reported a good QOL, while 47.6% reported a poor QOL. Sex of the patient ($p = 0.03$), advanced CKD stage ($p < 0.001$), receiving hemodialysis ($p = 0.002$), having comorbidities ($p = 0.029$), medical expenses per visit ($p < 0.001$), and distance to hospital ($p < 0.001$) were significantly associated with their QOL.

Discussion - Most patients with CKD reported a good QOL with demographic, economic, and clinical factors influencing their QOL. Regular assessment of QOL of CKD patients, provision of counselling for high- risk groups, provision of financial aid, and improving healthcare access are recommended.

Keywords - Quality of Life, Chronic Kidney Disease, associated factors, Kalutara