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Measuring the multidimensions of symptoms in people with advanced stages of chronic kidney disease

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Chronic kidney disease (CKD) is increasing globally and in Saudi Arabia it affects approximately 8% annual increment of dialysis population. It is associated with a high symptom burden. Previous studies have largely reported on the prevalence of symptoms only in the haemodialysis population. This study examined symptom burden across disease stages and treatment groups in advanced CKD, and their correlation with demographic and clinical factors. Using a cross-sectional design, a convenience sample of 436 patients with CKD was recruited from three hospitals in Saudi Arabia. The CKD Symptom Burden Index (CKD-SBI) was used to measure 32 CKD symptoms. Demographic and clinical data were also collected. Of the sample 75.5% were receiving dialysis (haemodialysis, n = 287; peritoneal dialysis, n = 42) and 24.5% were non-dialysis (CKD stage 4, n = 69; CKD stage 5, n = 38). Average symptom reported was 13.01 ± 7.67 . Fatigue and pain were common and burdensome across all symptom dimensions. Approximately one-third of participants experienced sexual symptoms. Dialysis patients reported greater symptom burden, especially patients on haemodialysis. Haemodialysis treatment, older age and being female were independently associated with greater total symptom burden. In conclusion, symptom burden is high among advanced stages of CKD, particularly among those receiving dialysis. Although fatigue, pain and sexual dysfunction are key contributors to symptom burden in CKD, these symptoms are often under-recognised and warrant routine assessment. The CKD-SBI offers a valuable tool to assess symptom burden, leading to the commencement of timely and appropriate interventions.

Biography

Hayfa Almutary has over 12 years' experience as a registered nurse. She has a master degree of acute care nursing from Queensland University of Technology (QUT), Australia and Bachelor degree of nursing from King Abdulaziz University, Jeddah, Saudi Arabia. She is a Lecturer in nursing school at King Abdulaziz University. Currently she is a PhD candidate in the School of Nursing at QUT, Australia. Her research of interest is symptom assessment and management in chronic kidney disease. The primary focus of her PhD research is to explore symptom clusters in advanced stages of CKD in order to improve the quality of symptom assessment and management among CKD patients. She has three published articles in this field. In addition, one conference paper was presented at the Renal Society of Australasia Annual Conference, Melbourne, Australia, 2014.

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