



Predictors of hope in Iranian patients undergoing hemodialysis



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ABSTRACT

Introduction: Patients undergoing hemodialysis (HD) are more vulnerable to mental, physical and spiritual disorders. These disorders may have a significant impact on their treatment process and quality of life (QoL). Given the importance of some experiences in these individuals, such as daily spiritual experiences and life expectancy, evaluating their predictive role seems necessary.

Objectives: This study was conducted to determine the role of daily spiritual experiences and some demographic variables in predicting the level of hope among HD patients.

Patients and Methods: In this cross-sectional study, the predictive role of daily spiritual experiences and some demographic variables in the level of hope in 262 HD patients were evaluated. The demographic variables checklist, the Daily Spiritual Experiences Scale (DSES), and the Adult Hope Scale were employed for data collection.

Results: Analysis with multiple linear regression showed that the variables of gender, level of education, duration of diagnosis of renal failure, number of HD per week and daily spiritual experiences predicted 31% of the level of hope changes in HD patients.

Conclusion: Nurses and provincial health care providers can help HD patients to promote their spiritual wellbeing and hope. This can be achieved by applying a holistic care approach as well as emphasizing the spiritual aspect of care and its predictive demographic variables.

Implication for health policy/practice/research/medical education:

In a cross-sectional study on 262 HD patients, we found that the majority of patients undergoing HD had high levels of spiritual experiences and hope. In addition, the findings indicated that the level of hope in the patients was influenced by some demographic variables and spiritual experiences.

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Introduction

Chronic renal failure (CRF) has been a global health issue over the last few decades (1-3). In the United States, about 300 000 people have been diagnosed with CRF. In Iran, it has been estimated that 1200 to 1600 new CRF cases occur each year (4). CRF is characterized by kidney damage or a gradual decrease in kidney function for three or more months. Chronic kidney disease has many consequences such as decreased quality of life (QoL), increased health care costs, and premature death. In addition, CRF could progress to end-stage renal disease (ESRD) if not treated. ESRD is a progressive and irreversible impairment of

kidney function (5-8).

One of the most effective renal replacements therapies is dialysis. Among the two methods of hemodialysis (HD) and peritoneal dialysis (PD), HD is the most common method used worldwide (9). The purpose of HD is to remove uremic waste products and excess fluid from the body (10).

HD, similar to other medical interventions, is associated with complications and unintended consequences. The most common complications include hypotension, disequilibrium syndrome, muscle cramping, chest pain, back pain, anemia and fatigue. Air embolism and