

Needs Assessment Study: Potential Activity Programing for Patients with Enda Stage Renal Disease

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ABSTRACT

End stage renal disease (ESRD) requires a person to receive dialysis when a kidney transplant is not an option. Hemodialysis, a type of dialysis, requires visiting a hospital or dialysis center thrice a week for four-hour dialysis session. Physical implications of the disease, such as marked decrease in activity, fluid restriction, dietary restriction, depression, and pain plus long time required for hemodialysis causes marked decline in the patients' quality of life. This time can be filled with engagement in activity which may potentially improve patients' quality of life and overall health hence the need for this study.

This qualitative study was designed to explore the impact of hemodialysis on

social and personal lives of people with end stage renal disease (ERSD). Five subjects were randomly recruited from a list of English speaking patients in a dialysis center. Data was collected using in-depth semi-structured interview, recorded on audio tape, over an eight week period. Handwritten notes recorded data collector's observation and feelings throughout the interview. A separate follow-up interview enabled researchers gain further insight into participants' responses.

Additional data was collected through administering the Interest Checklist, the Role Checklist, and the Activity Card Sort to each participant to assess activity preferences, role overload and role dysfunction, description of housekeeping activities, leisure and social activities of the respondents respectively.

Data analysis was done after the data was transcribed and coded into themes. Data was checked for researcher effects and for inconsistent responses. Triangulation of the data was accomplished through individual formation of the data into themes by each data collector.

The following themes emerged:

- dialysis has changed the activity patterns and lives of all patients
- patients feel activity programming while on dialysis would improve quality of time spend in dialysis center.
- patients have restricted their activity due to physical limitation
- subtle undercurrents of psychological barriers to activity

All participants live in the community. Data obtained from the checklists were used to design possible areas of intervention in the near future. Patients with ESRD is an accessible population that can be served effectively in the community and dialysis centers by occupational therapists in the near future.