



**“DIALYSIS COMPLETELY CONTROLS YOUR LIFE”:
THE OCCUPATIONAL PERFORMANCE AND PARTICIPATION
OF CHRONIC HAEMODIALYSIS RECEIVERS
IN SOUTH AFRICA.**

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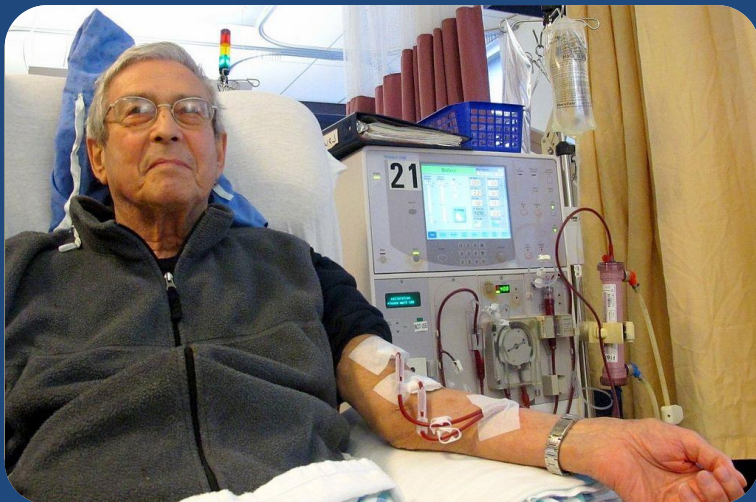
Nel, M.

This presentation

- Snapshot from the Free State
- Focus on part of results
- Call for awareness amongst therapists

BACKGROUND

- **World:** 11-13% of people have chronic kidney disease⁽¹⁾
- **SA:** >10 000 require renal replacement therapy⁽²⁾
- **Haemodialysis:**
 - Two to three 4-hour sessions
 - Strict routine



RATIONALE

Literature:

- Other professions
 - Quality of Life
 - Physical, social, psychological and socio-economic issues
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- Limited occupational therapy literature
 - Limited therapists in renal units

METHODOLOGY

Objective

To explore the challenges posed to receivers of chronic haemodialysis, by describing their occupational performance and participation.

Data collection: Questionnaire

OCCUPATIONAL PERFORMANCE:

Rating of own performance in occupations (list from OTPF⁽³⁾)

1. Days PRIOR to start of dialysis
(*Life before*)
2. Days OF dialysis
3. Days WITHOUT dialysis

OCCUPATIONAL PARTICIPATION:

Open ended questions

1. "Do you feel in control of your life?"⁽⁴⁾
2. "What would you do if nothing was holding you back?"⁽⁴⁾

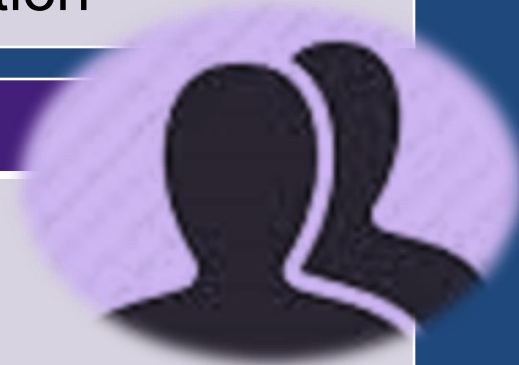
METHODOLOGY

DATA ANALYSIS

- Descriptive stats
- Separate analysis required by the statistical difference: structured interviews (SI) and self-administered (SA).
- Difference between groups not in this presentation

PARTICIPANTS (n=99)

- Six renal units – public and private
- Ages: 22 to 83 years
- Gender: ♂ 59 and ♀ 40
- Majority: married, unemployed, dialysis for >24 months



RESULTS → OCCUPATIONAL PERFORMANCE

- Lowest level of performance: reported for *days of RECEIVING dialysis* →

Functional mobility, sexual activity, household maintenance(only in the SI group), work, leisure and relationship with life partner.

- Contributing factors:

- Fatigue
- Personal (individual) issues
- Health related issues
 - Dialysis related health challenges
 - Other health conditions
- Time of dialysis routine
- Depression
- Sleep problems
- Feeling helpless

RESULTS → OCCUPATIONAL PARTICIPATION

- Poor participation reported in:
 - IADL (home maintenance)
 - Sporting activities
 - Leisure activities
 - Work
- Reasons for not participating:
 - Physical & dialysis related difficulties
 - “Age, limited skill and lack of equipment”.

CONCLUSION

- Decreased performance on days of receiving dialysis
 - Disruption of routine
- Decrease in participation following commencement of dialysis
 - Long-term disruption
- Decreased performance & participation are contributed to dialysis related factors
 - Dialysis = hindering, BUT chronic and essential

‘Dialysis completely controls your life. If I don’t get dialysis, I can’t function’.

REFERENCES

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Thank You
Dankie

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