



Holistic Wellbeing Of Hemodialysis Patients And Their Caregivers

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Abstract

Chronic kidney disease (CKD) is growing in prevalence among the general public. One of the main causes, is ageing, which is accompanied by a number of comorbidities such as hypertension and diabetes. As a result, treating CKD patients is exceedingly challenging and requires a multifaceted strategy. In this situation, the comprehensive approach to the CKD patient is more crucial than the disease itself. General practitioners, specialists, volunteer associations, and non profit organisations all contribute to the patient's care, in addition to the patient's family. The development of the Holistic health assessment tool – D was spurred by the recent emphasis on assessing the psychological status, dietary adjustments, and lifestyle modifications of renal patients on dialysis therapy (HHAT-D). The HHAT-D tool was used to assess body weight, physical examination, BMI, muscle wasting, dialysis malnutrition score, and coping mechanisms in a total of 43 patients (18-80 years old) enrolled in the dialysis unit of A.C.S Medical College and Hospitals. The majority of the patients were mildly to moderately malnourished, according to the findings. With the HHAT-D tool, blood measurements such as SGOT (0.027*) and the malnutrition questionnaire (0.000**) had a highly significant value. With dialysis malnutrition score, the SGOT revealed a highly significant value of (0.004**) and haemoglobin indicated a significant value of (0.049*). The vascular access has a highly significant value of (0.000**) in coping efficacy. Caregivers of Hemodialysis patients took part in a health and wellness survey as well as a coping effectiveness assessment. Age had a very significant value of (0.028*) and transportation had a marginally significant value of (0.068). The recent study concludes that malnutrition is the primary cause of overall health. It can be improved by keeping track of nutritional evaluations, psychological status, and dietary changes. As a result, the HHAT-D questionnaire has been found to be a viable tool for assessing the holistic health status of Hemodialysis patients in order to enhance quality of life and malnutrition.

Keywords: NIL

Introduction

Holistic refers to the healing of the “**whole person**”. Holistic is characterized by the treatment of the whole person, taking into account mental and social factors, rather than just the symptoms of a disease. The support should also consider their physical, emotional, social and spiritual wellbeing. A holistic approach focusses on a person's wellness and not just their illness or condition. Holistic health presumes to enlarge the traditional sphere of medical (allopathic) concerns from a narrow largely technical focus on symptomatology and disease to be broadened domain including nutrition, psychological and spiritual well-

being, interpersonal relations and influences from the environment Illness is seen as an imbalance in the energy sphere so four spiritual, emotional, rational, physical and social selves healing is concerned with the individual balancing of these energies. {1}. Patients on hemodialysis face a financial, psychological, and physical burden, necessitating a renewed emphasis on self-care, prevention, and community-based health management to reduce healthcare costs and complications, as well as improve outcomes and quality of life while adapting to a new lifestyle. {2}

A holistic medicine takes into consideration, assess and address patients' spiritual needs that can contribute substantially to the care of patients, it can improve patient's quality of life and mental health. It also can contribute to face life with optimism, maintain hope and improve patient's cognitive perceptions of health and disease. The management of illness presupposes multiple changes in patient's life. To summarize, religion, spirituality and health have been combined through ages. For many people their religious and spiritual component is very important. Furthermore, many of them wish those aspects of their existence to be taken under consideration through the healing process. Eventually, it appears that physical and spiritual wellbeing are linked and can affect each other. {3} Thereby the aim of the study was to determine the holistic health of dialysis patients and their caregivers.

Materials And Methods:

Hemodialysis patients and their caregivers from the tertiary care center participated in the cross-sectional study, to them the protocol and importance of the study was explained and after obtaining their consent the research was carried out. The subject's demographic data (age, gender, height, weight, caregivers present/absent, kind of relationship with

the caregivers, distance travelled, mode of transport, duration of stay in hospital) and preliminary data (BMI & BSA) were collected. The dialysis group answered to the validated holistic health questionnaire (HHAT -D), coping effectiveness inventory (4) and MUST nutritional scale was analyzed for the hemodialysis patients. After collecting the data from the caregivers who were interviewed with different sets of questionnaire such as Holistic Health and Wellness Survey and coping effectiveness inventory, it was analyzed using SPSS software version 25.

Results:

A total of 43 hemodialysis patients and their 22 caregivers have been included in the study, among them, 68% patients were male and 70% were undergoing dialysis for less than 5 years. 73% of the patients had first degree of relation as their caregivers and 95% of the caregivers stayed in the unit till the completion of dialysis procedure. 60% of the population had a yearly income of more than 10,000 rupees. The blood parameters and questionnaire was analyzed with Pearson correlation, an statistical test, the p value of < 0.05 was considered to be significant. The questionnaire were also analyzed among each other with Paired T test, the values are tabulated in table 1.

Table 1: Statistical p Value Of Dialysis Patients And Their Caregivers

	Holistic well being	Dialysis malnutrition	Coping effectiveness
Access	0.121	0.125	0.000**
Urea	0.498	0.77	0.776
Hb	0.128	0.049	0.88
SGOT	0.027*	0.004**	0.828
SGPT	0.605	0.708	0.88
Dialysis malnutrition	0.000**	-	0.708
Coping	0.622	0.708	-
Age (caregivers)	0.028*	-	0.063

Discussion:

Chronic kidney disease resulting in hemodialysis requires the adjustment of dietary requirements, mental and physical health, and routine activities, time as well as holistic well-being. The chronic illness are known to be associated with lifestyle risk factors. Hemodialysis patients encounter considerable amount of physical, mental and social pressures. Holistic well-being is important because it affects quality of life and has an important role in prevention and recovery. Dialysis malnutrition is an inadequate diet that leads to lean body mass and low serum proteins associated with loss of kidney function. Psychological status is also a part of care among HD patients. Hemodialysis patients also have an impact on depression and reduced quality of life. To improve malnutrition, patients have to cope up on their diet changes, physical pain, emotional stress and their lifestyle. (5) The current study aimed to compare the holistic well-being of hemodialysis patients and their caregivers. In the dialysis unit of a tertiary care center, 43 dialysis patients participated in holistic health, dialysis malnutrition and coping effectiveness survey. This study population sample, although very small but it is represented a reasonable match to the hemodialysis population in Chennai. The overall holistic health and malnutrition was expressed by 3 questionnaires. The holistic questionnaire contains 9 questions, about 76% of patients are well nourished, 20% are moderately malnourished and 2% are severely malnourished. This holistic health assessment tool includes the guidelines of the national kidney foundation, kidney disease outcomes, quality initiative to the predict level of malnutrition. The dialysis malnutrition questionnaire contains 7 multiple choice questions, about 86% of the dialysis patients are well nourished and 11% of the dialysis patients are moderately malnourished and about 2% are severely malnourished. The coping effectiveness inventory questionnaire contain 15 questions, about 93% of patients have moderate coping scores and about 6% of patients have low coping scores. According to the current study, the subjects were found to have mild to moderate malnutrition. In HHAT-D tool the parameters such as bodyweight, BMI, physical examination, muscle wasting showed non-significant values. The SGOT showed significant value of 0.027* and dialysis malnutrition showed a highly significant value of 0.000** and BMI showed

a non-significant value of 0.149 and BUN showed a non-significant value of 0.498 in dialysis holistic questionnaire, whereas in a research paper by P.R.Singhania and S.Mandalika (2012) showed a BMI value of 0.000** and showed a BUN value of 0.941. Cough, pneumonia and shortness of breath were the highly reported respiratory symptoms of this study. (6) In dialysis malnutrition score questionnaire, SGOT showed a highly significant value of 0.004 ** and hemoglobin showed a significance of 0.049* and others showed non-significant values. Coping effectiveness inventory included 15 statement parameters, only vascular access showed highly significant value of 0.000**, whereas others showed non-significant values. Caregiver of patients on hemodialysis plays a vital role in their lives. They have to look after them, their medical treatment and diet, to accompany them to dialysis unit to help them in everyday activities and to provide psychological support. Caregivers of patients on hemodialysis participated in the holistic well-being and coping effectiveness questionnaire. In holistic, age showed highly significant value of 0.028* and transportation showed a significant value of 0.068, whereas in the coping questionnaire, the parameters showed non-significant values. The current study says that the caregivers too have physical stress and depression taking care of the hemodialysis patients. This study concludes holistic well-being in different dimensions as its associated with chronic kidney disease. Therefore, the officials of health systems are recommended to develop a program to combat chronic disease and to integrate awareness among people. Public educations have a major role in holistic well-being and in chronic kidney disease prevention. (7)

Conclusion:

The current study concludes that the malnutrition is the major reason for holistic wellbeing. Malnutrition can be improved by certain dietary changes prescribed by the nutritionist. Nutritional assessment and psychological status can be monitored every month. The current study suggests improvising the food habits and lifestyle modification by increasing coping effectiveness.

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