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Hemodialysis during COVID-19 Pandemic: A Cross-Sectional
Study**

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Quality of Life and Frailty among Elderly on Maintenance Hemodialysis during COVID-19 Pandemic: A Cross-Sectional Study

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Abstract: Frailty is more common in elderly patients. The patients undergoing hemodialysis have a less quality of life. This study analyzes the impact of COVID-19 restrictions on the wellbeing, QoL and physical activity of the cohort of ESKD on maintenance hemodialysis, also the factors predicting them. The study was conducted in 75 patients of age ≥ 60 years undergoing hemodialysis for more than 3 months. The patients having a Karnofsky performance scale score $< 50\%$ and admitted patients were excluded from the study. The demographic and clinical characteristics of the study were expressed as mean, median with range and frequency and the correlation with HR QoL of life and frailty of elderly people was analyzed by using Spearman's correlation. A multiple linear regression analysis was done to identify the predictors of PCS, MCS, Burden of kidney disease, Effect of kidney disease, Symptoms of kidney disease and Frailty. $P < 0.05$ was considered significant. Elderly adults undergoing HD have a low to average QoL and are fragile. Since frailty is negatively correlated with the QoL. it implies that as frailty rises, QoL decreases. Age, drinking, smoking, albumin level, and medication adherence are all variables that might influence the cohort's QoL.

Keywords:

Quality of Life (QoL), Health-related quality of life (HR-QoL), End stage kidney disease (ESKD), chronic kidney disease (CKD), Hemodialysis (HD), Frailty, Karnofsky Performance Scale, COVID-19, Physical composite score (PCS), Mental composite score (MCS), Symptoms of kidney disease, Burden of kidney disease and Effects of kidney disease

Introduction: