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Identifying Factors Affecting Adherence to Dialysis Treatment in End-Stage Kidney Disease using Translated Kannada ESRD-AQ: An Observational Study

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Abstract

Crucial to hemodialysis (HD) therapy is one's adherence, impacting the quality of the treatment. This one-month observational study was led to identify the factors affecting adherence to HD treatment in 120 participants in a tertiary hospital in Karnataka, India. The instruments used were the Kannada ESRD-AQ and, the Fresenius 4008S OCM HD machine. The ESRD-AQ was translated to the regional Kannada language and validated by 8 subject experts. The different facets of KESRD-AQ were adherence to HD treatment, medication, diet, and fluid restrictions. Content validity analysis test re-test was done using interclass correlation coefficient. For continuous and categorical association, t-test and chi-square test are used. Most participants (98.33%, n=118) showed good adherence, less than one-fourth (17.5%, n=2) were moderately adherent, and low adherents were nil. A correlation was studied between adherence to fluid restriction with serum potassium (p=0.001); medication with fluid restriction (p=0.001); medication with serum phosphate (p=0.017), and serum potassium with diet (p=0.022). Our study analyzed the KESRD-AQ as valid and reliable for assessing treatment adherence in HD patients. The perception of the importance of adherence was highest in fluid intake, medication, dietary restriction, and HD schedule respectively. The results of our study show the influence of adherence on HD.

Keywords: Hemodialysis, KESRD-AQ, Adherence to HD, treatment perception, Kt/V

INTRODUCTION

End-Stage Renal Disease (ESRD), a kidney condition that necessitates renal replacement therapy (KDIGO CKD 2012) where the GFR is <15 ml/min/1.73m², is the final stage of kidney failure. ESRD is