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### **"A Descriptive Study to Assess The Activities of Daily Living & Level of Fatigue among Patients Undergoing Haemodialysis at Selected Hospital"**

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#### **ABSTRACT**

A descriptive study was conducted to assess the activities of daily living and level of fatigue among haemodialysis patients in a selected hospital at kelambakkam , Tamil Nadu. The objectives were to assess the activities of daily living and level of fatigue among patients undergoing haemodialysis and to associate the activities of daily living and level of fatigue with the selected demographic variables. The review of literature was done and organized under various aspect on study related to assess the activities of daily living and level of fatigue among haemodialysis patients. The researcher approach used for study was quantitative approach and design selected was non-experimental descriptive design. A 56 samples were participated in the study by using purposive sampling technique. Demographic variables were assessed by using the statistical measurement and to assess the activities of daily living and level of fatigue undergoing haemodialysis patients . The level of significant  $p < 0.05$  level the collected data were tabulated and analyzed by using descriptive and inferential statistical . The study showed that there is no significant association between assessing the activities with the selected demographic variables of patients undergoing haemodialysis. Mean value (2), Mean Percentage (33.30) and Standard deviation (0.2155). Gender ( $\chi^2 = 12.9186$ ), Age ( $\chi^2 = 5.677$ ), Co Morbidity ( $\chi^2 = 1.4058$ ), Education ( $\chi^2 = 64.748$ ), Occupation ( $\chi^2 = 3.767$ ), Socio Economic data ( $\chi^2 = 25.453$ ), Marital status ( $\chi^2 = 6.048$ ), Residence ( $\chi^2 = 3.129$ ) and Duration of dialysis ( $\chi^2 = 8.077$ ). Association between level of fatigue with the selected demographic variables of patients undergoing haemodialysis . Mean value (39.6), Mean Percentage (407.07) and standard deviation (3.4635) Gender ( $\chi^2 = 0$ ), Age ( $\chi^2 = 0$ ), Co Morbidity ( $\chi^2 = 0$ ), Education ( $\chi^2 = 0$ ), Occupation ( $\chi^2 = 0$ ), Socio Economic data ( $\chi^2 = 0$ ), Marital status ( $\chi^2 = 0$ ), Residence ( $\chi^2 = 0$ ) and Duration of dialysis ( $\chi^2 = 0$ ).

#### **KEY WORDS**

- ADL - Activities of Daily Living (KATZ Index of independence)
- FAS - Fatigue Assessment Scale
- HD - Haemodialysis

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## INTRODUCTION

**“Every human being is the author of his own health or illness”**

**-Buddha**

Kidney diseases are considered as silent killer which largely affect the quality of life of the patient. About one in ten adults have some sort of kidney problems and can affect people all ages and race. The technological advance provides several renal replacement therapies like haemodialysis peritoneal dialysis and renal transplantation. Despite regular haemodialysis, the patient is still affected by some symptomatology as side effect, fatigue is the one of the most common side effects and there reduce the Activities of Daily Living. So, reducing the fatigue and improving the efficiency of Haemodialysis is one of the major challenges of health care providers. In India, 10 lakhs people suffer from kidney failure and more than four crores are at risk. It is estimated that there are about 55,000 patients on dialysis and the dialysis population is growing at the rate of 10-20% annually. Despite several advances in renal replacement therapy fatigue remains ranked as one among complaints reported by the patients undergoing long term haemodialysis .it is experienced by 60-90% of patients undergoing long term haemodialysis has a considerable effect on patient's health related quality of life.

## EXPERIMENTAL SECTION:

### OBJECTIVES:

- To assess the activities of daily living & level of fatigue among patients undergoing haemodialysis.
- To associate the activities of daily living & level of fatigue with selected demographic variables.

### MATERIALS AND METHODS:

The research approach was quantitative approach . The research design was non experimental descriptive design . The research setting was conducted in the dialysis unit in the chettinad hospital research institute kelambakkam kancheepuram district. A purposive sampling technique was used to select 56 samples.

### TOOL:

A tool to assess the demographic variable of the sample. It include I.p.no, Sex, Age in Years, Co-morbidity, Education, Occupation, Socio-economic data, Marital status, Residence and duration of dialysis. Katz Index of Independence is used to measure the activities of daily living and it consists of 6 items and Fatigue Assessment Scale is used to measure the level of fatigue and it consists of 10 items.

**RESULT AND DISCUSSION:**

**Association of assess the activity of daily living among heamodialysis patients.**

Under the association of Demographic data. We have drawn tabular column of various personal information of Gender, Age in years, marital status, education, occupation, Socio Economic data, Marital status, Residence and Duration of dialysis in which we have find out the chi-square value, P value and whether it is significant or not significant.

S. No	CHARACTERS TICS	CATEGORY	NO. OF SAMPL E	ACTIVITIES OF DAILY LIVING			X <sup>2</sup>	P VALUE
				MILD	MODERATE	SEVER E		
1	Gender	Male	29	1	8	20	12.9186	5.99 (NS)
		Female	27	4	7	16		
2	Age	30-40 years	14	2	5	7	5.677	12.59 (NS)
		41-50 years	15	2	4	9		
		51-60 years	13	2	5	6		
		61-70 years	14	3	2	9		
3	Co-morbidity	Yes	40	7	11	22	1.4058	0.49539 (NS)
		No	16	1	4	11		
4	Education	a) High school	28	4	7	17	64.748	12.59 (NS)
		b) Undergraduate	15	2	3	10		
		c) Post Graduate	1	0	0	1		
		d) Uneducated	12	1	5	6		
5	Occupation	a) Heavy worker	14	1	3	11	3.767	12.59 (NS)
		b) Moderate worker	26	4	9	13		
		c) Sedentary worker	3	1	1	1		
		d) Not working	13	2	3	8		
6	Socio Economic data	a) 10,000 to 20,000	36	5	10	2	25.453	12.59 (NS)
		b) 20,000 to 30,000	12	2	2	8		
		c) 30,000 to 40,000	3	1	1	1		
		d) Above 40,000	5	0	3	2		

7	Marital Status	a) Married b) Unmarried c) Widow d) Divorce	42 10 4 0	6 1 2 0	12 1 1 0	24 8 1 0	6.048	12.59 (NS)
8	Residence	a) Rural b) Urban	22 34	1 7	7 7	14 20	3.129	5.99 (S)
9	Duration of Dialysis	a) <1 Years b) 1 to 3 Years c) 3 to 5 Years d) >5 Years	16 21 12 7	3 4 0 1	5 6 4 0	8 11 8 6	8.077	12.59 (NS)

### Association of assess the level of fatigue among heamodialysis patients.

Under the association of Demographic data. We have drawn tabular column of various personal information of Gender, Age in years, marital status, education and occupation, Socio Economic data, Marital status, Residence and Duration of dialysis in which we have find out the chi-square value, P value and whether it is significant or not significant.

S. No	CHARACTERS - TICS	CATEGORY	NO. OF SAMPLE	FATIGUE ASSESSMENT		X <sup>2</sup>	P VALUE
				FATIGUE	NOT-FATIGUE		
1	Gender	Male	28	28	0	0	3.84 (NS)
		Female	28	28	0		
2	Age	30-40 years	20	20	0	0	5.99 (NS)
		41-50 years	10	10	0		
		51-60 years	15	15	0		
		61-70 years	11	11	0		
3	Co-morbidity	Yes	41	41	0	0	3.84 (NS)
		No	15	15	0		
4	Education	a) High school	28	28	0	0	5.99 (NS)
		b) Under graduate	15	15	0		
		c) Post Graduate	1	1	0		
		d) Uneducated	12	12	0		
5	Occupation	a) Heavy worker	15	15	0	0	5.99 (NS)
		b) Moderate worker	26	26	0		
		c) Sedentary worker	2	2	0		

		d) Not working	13	13	0		
6	Socio Economic data	a) 10,000 to 20,000	36	36	0	0	5.99 (NS)
		b) 20,000 to 30,000	12	12	0		
		c) 30,000 to 40,000	4	4	0		
		d) Above 40,000	4	4	0		
7	Marital Status	a) Married	43	43	0	0	5.99 (NS)
		b) Unmarried	9	9	0		
		c) Widow	4	4	0		
		d) Divorce	0	0	0		
8	Residence	a) Rural	22	22	0	0	3.84 (NS)
		b) Urban	34	34	0		
9	Duration of Dialysis	a) <1 Years	17	17	0	0	5.99 (NS)
		b) 1 to 3 Years	20	20	0		
		c) 3 to 5 Years	12	12	0		
		d) >5 Years	7	7	0		

## CONCLUSION

We conducted the research in the topic A descriptive study to assess the activities of daily living and level of fatigue among the haemodialysis patients selected in the Chettinad hospital, Kanchipuram district, Tamil Nadu. Study finding showed that mean percentage of activities of daily living 33.30% and mean percentage of level of fatigue in 407.07%. The second objective was to find out the association between the activities of daily living and level of fatigue with selected demographic variable of the haemodialysis patients. The study revealed that there was not having significant association between the activities of daily living and level of fatigue and demographic variable.

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