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## Treatment adherence among patients undergoing hemodialysis

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**Aim:** Treatment adherence with four domains: hemodialysis schedule, diet restriction, fluid restriction and medicine adherence, is a crucial factor that influences morbidity and mortality of hemodialysis patients. The aim of the study was to assess treatment adherence among patients undergoing hemodialysis and the associated factors in the year 2014.

**Methods:** A total of 166 patients undergoing hemodialysis for at least 3 months in National Kidney Center, Kathmandu were interviewed. Patients with communication problems and those who were too sick for interview were excluded. Relationship between four domains and various factors were identified using inferential statistics.

**Results:** The self-reported treatment adherence was found to be 73.5%, 32.5%, 39.8% and 78.9% in hemodialysis schedule, diet restriction, fluid restriction and medicine adherence respectively. Adherence to hemodialysis schedule was significantly associated with duration of hemodialysis ( $p=0.050$ ), companion to reach the center ( $p=0.038$ ), time to reach the center ( $p=0.020$ ) and type of transportation ( $p=0.004$ ). Fluid restriction had significant association with marital status ( $p=0.034$ ), adequacy of treatment expenditure ( $p=0.015$ ) and Interdialytic Weight Gain (IDWG) ( $p=0.012$ ). Adherence to diet restriction had significant association with counseling on the same ( $p=0.013$ ). Medicine adherence was significantly associated with age ( $p=0.017$ ) and duration of hemodialysis ( $p=0.049$ ). It also showed association of age ( $p=0.001$ ), Hepatitis C infection ( $p=0.013$ ), Diabetes mellitus ( $p=0.012$ ), duration of hemodialysis ( $p=0.010$ ) with IDWG.

**Conclusion:** There is an immediate need for strategies to promote the treatment adherence of the patients under hemodialysis with focus on diet and fluid restriction adherence.

### Biography

Dipak Mall has completed his MBBS from Peoples Friendship University of Russia in the year 2004 and MD from Yangze University of China in the year 2015. After completion of his graduation, he started working in the Department of Endocrinology in one of the tertiary centers in Kathmandu, Nepal. He, as a team member has been working to promote and encourage patients to have early detection of diabetes mellitus and to prevent the complications.

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