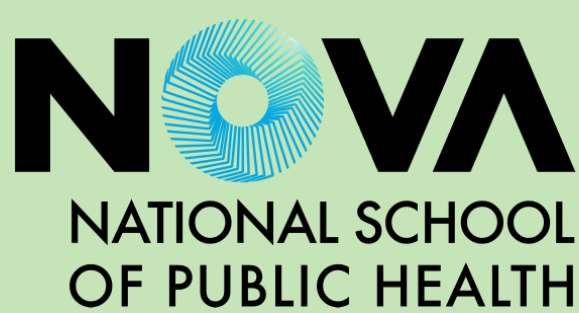


Patient Perspective about Perceived Impact and Quality of Life in Chronic Kidney Disease



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INTRODUCTION

Chronic Kidney Disease (CKD) significantly impacts patients' quality of life, affecting physical, emotional, and social well-being.¹

Understanding patients' perceptions of these impacts is essential for improving patient-centered care.

OBJECTIVE

To assess the correlation between perceived impact and quality of life in individuals with CKD.



METHOD

A cross-sectional study was conducted among adults with CKD in Portugal, covering stages G1 to G5.



The survey included **18 dimensions of daily CKD management impacts** using a 3-level scale ('positive, none or negative impact'), **perceived quality of life** with a 5-level scale ('very bad' to 'very good'), and **sociodemographic characteristics**.

- Impact scores were calculated based on participants' self-assessments of CKD management and its daily life effects;
- Statistical analysis included Spearman's correlations.

RESULTS

128
answers analysed

Sociodemographic Characteristics

\bar{x} = **70** years

62.5 % 37.5 %

Significant correlations were found between perceived quality of life and the following impact dimensions:



'Social life' ($r = -0.216, p = 0.04$)



'Psychological and emotional well-being' ($r = -0.197, p = 0.042$)



'Quality of life' ($r = -0.252, p = 0.007$)



'Nutrition' ($r = -0.222, p = 0.019$)



'Autonomy' ($r = -0.255, p = 0.008$)



'Self-image and self-esteem' ($r = -0.343, p < 0.001$)



'Leisure activities' ($r = -0.284, p = 0.003$)



'Travel' ($r = -0.231, p = 0.016$)



'Intimate and sexual life' ($r = -0.221, p = 0.041$)



'Physical exercise' ($r = -0.266, p = 0.009$)



'Quality of sleep' ($r = -0.248, p = 0.008$)

Globally, individuals who reported higher levels of CKD impact tended to report lower perceived quality of life ($r = -0.236, p = 0.009$).



CONCLUSIONS

These findings highlight the significant burden that CKD places on individuals' lives and the critical need for targeted public health policies and clinical interventions.

Addressing these aspects can greatly enhance overall well-being, ease symptoms and improve the quality of life for people living with CKD.



REFERENCES

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