

**FACTORS RELATED TO QUALITY OF LIFE AMONG  
PATIENTS WITH END STAGE RENAL DISEASE RECEIVING  
HEMODIALYSIS**



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**ABSTRACT**

The number of people with end stage renal disease (ESRD) in Vietnam has been increasing and the treatment of choice is hemodialysis. These patients suffer various symptoms which effect their quality of life (QOL). The aim of this research was to study the relationship among comorbidity, social support, symptom status and QOL among patients ESRD receiving hemodialysis. Health related quality of life was used as a framework for this study as a descriptive correlational research. This study was conducted among 115 patients with ESRD receiving hemodialysis in a tertiary care hospital in Hanoi, Vietnam. The samples comprised those who received hemodialysis at least 2 cycles per week aged 18 years and above. Data were collected using the patients' hospital record and interview with the patients. Spearman's rho was employed to test the relationship among all variables. The results of the study revealed that majority were female (61.7%) ages ranged from 21 to 77 years with an average age of 47.47 years (SD  $\pm$  14.14 years). The majority of them (56.5%) had no monthly income, about 59.1% had received hemodialysis for more than 61 months and more than a half (65.2%) had two or more co morbidity. The average scores of QOL were 45.53 $\pm$ 13.20, while the majority of the patients (62.6%) had below average level QOL. Numbers of comorbidity and severity of symptoms were negatively correlated with QOL ( $r = -.46, p < .01$ ;  $r = -.67, p < .01$  respectively) while social support was positively correlated with QOL ( $r = .63, p < .01$ ). In conclusion, majority of the patients with ESRD receiving hemodialysis experienced poor level of QOL. In order to improve QOL, it is recommended that nurses should assess and manage the patients' symptom, control their co morbidities and seek appropriate resources to support them. Multi sites research should be further conducted to cover the phenomena related to QOL among Vietnamese with ESRD.

**KEY WORDS: QUALITY OF LIFE/ HEMODIALYSIS/ END STAGE RENAL DISEASE/SOCIAL SUPPORT/ SYMPTOMS**

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