

*The Effect of Rehabilitation on Quality of Life, Hope and Depression in
Hemoialysis Patients*

A Thesis

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In Critical Care Nursing*

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Abstract

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Introduction: Hemodialysis leads to change of lifestyle and health condition of the person which endangers not only physical health but also other health dimensions. All of these factors affect quality of life of patient. Therefore, the present research was conducted to study of rehabilitation effect on quality of life , hope and depression levels of the hemodialysis patients in Javanrood City.

Materials and Methods: This research is a quasi -experimental study before and after rehabilitation, which was conducted by non-probability sampling method based on the inclusion criteria on 30 hemodialysis patients of dialysis center of Javanrood Hazrat Rasool Hospital in 2013. Rehabilitation program was executed by participation of specialists in the

fields of nursing, physiotherapy, clinical psychology for 8 weeks .data collection instrument was Ferrans & powers quality of life Index dialysis version , herth hope index Beck Depression Inventory which was filled out before and after rehabilitation program by the researcher during interview with patients. Then, the data were analyzed using descriptive statistics, Paired- T Test, Fisher exact test, Mann-whitneytest, Wilcoxon signed-rank test and chi square test.

Findings: average age of the patients was 55.8 ± 14.3 years, 60% were men and 93.3% were married. 70% of the patients were illiterate and 83.3% were unemployed. Mean duration of dialysis time in these patients was 3 ± 2.4 years. Qualitative classification of quality of life index and considering range of scores (0-30), scores of all patients before intervention was between 10 and 19 which was in medium level and after intervention , quality of life of 50% of the patients changed which indicated promotion of quality of life level of patients after intervention ($P < 0.0001$). There was statistically significant relationship between quality of life level and marital status, education, employment and duration of dialysis. Data analysis showed significant difference between mean depression score before rehabilitation (36.4 ± 10.9) and after rehabilitation (10.5 ± 3.1) ($P < 0.0001$). To analyze comparison between depression index among the hemodialysis patients based on personal characteristics and also duration of dialysis, results showed that there was significant difference among the studied patients in mean of depression rate in terms of age, gender, marital status, education and duration of dialysis but depression rate in the employed patients was significantly lower than that of the unemployed patients and this difference was statistically significant. Data analysis showed significant difference between mean hope score before rehabilitation ($26/6 \pm 4/8$) and after rehabilitation ($38/4 \pm 3.3$) ($P < 0.0001$).

Discussion and Conclusion: By executing rehabilitation program, significant difference was found in quality of life , increase hope index and decrease depression of the hemodialysis patients so that execution of rehabilitation program led to improvement of life condition of the hemodialysis patients.

Key words: rehabilitation, quality of life, hope , depression, hemodialysis, nursing.iran