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## The predictors of quality of life among selected adults with chronic kidney disease on hemodialysis

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Hemodialysis is both life-saving and life-altering, as it changes patients' patterns of daily living. The degrees of lifestyle change needed from adherence to diet and medications to the symptom burden affect patients' quality of life (QOL). For people living on hemodialysis, QOL scores become both a critical outcome as well as an indicator of morbidity and mortality. Therefore it is essential to examine the predictors that can affect QOL among HD patients in order to help improve their daily living and medical treatment. This study examined the relationship of predictors like age, weight, treatment adherence, social support and educational level on the QOL scores like Physical Composite Score (PCS), Mental Composite Score (MCS), & Kidney Disease Component Summary (KDCCS). The respondents, adult CKD patients on hemodialysis in a private tertiary hospital in the Philippines were chosen through convenience sampling. A validated Filipino version of Kidney Disease Quality of Life Short Form Version 1.3 was utilized. Bivariate correlation and multiple linear regression were then used in data analysis. It is concluded that PCS might be predicted by treatment adherence while social support and educational level could be predictors to MCS. In contrast with previous studies, it was found out that rare treatment adherence can seemingly have a positive effect with MCS. It might be due to fact that the treatment-related lifestyle restrictions could affect patients' personal illness beliefs, sense of control, leading to depression, and in turn adversely influence coping and adjustment. For KDCCS, treatment adherence and social support showed positive correlation, while age shown inverse relationship, unlike with previous studies. Nurses and other healthcare providers should consider the impact of these significant predictors when rendering care for adult HD patients in order to improve their quality of life. Jerland Salazar Casilan is a Professor of Holy Angel University, Philippines.

### Biography

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