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Relationship between dialysis adequacy and sleep quality in hemodialysis patients

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Aim & Objectives: The aim of this study is to examine the relationship between dialysis adequacies and sleep quality in hemodialysis (HD) patients.

Background: Sleep problems are common in HD patients. Dialysis adequacy is one of the factors associated with sleep quality. Studies evaluating the association between dialysis adequacy and sleep quality in HD patients present different results.

Design: Descriptive and cross-sectional study.

Methods: The current study was performed with a total of 119 patients who had applied to dialysis centers for HD treatment between January and March 2014. The data collection form consists of socio-demographic and medical characteristics as well as laboratory parameters. A modified Post-Sleep Inventory (PSI) was used to examine sleep quality in the research.

Results: When the PSI scores were evaluated according to sleep quality, 63.0% of patients had poor sleep quality and 37.0% had good quality sleep. There were no significant differences between sleep quality and the Kt/V, URR values and laboratory parameters ($p>0.05$). Sleep quality was worse in unemployed patients ($X^2=4.852$; $p=0.025$) and patients who smoked heavily ($Z=2.289$; $p=0.022$).

Conclusions: In the current study, there is no significant relationship between dialysis adequacy and sleep quality. However, it was found that the majority of HD patients had poor sleep quality. Even if the dialysis adequacy of patients is at the recommended level, their sleep qualities may be poor. Therefore, evaluations of the sleep quality of HD patients during the clinical practice must be taken into consideration.

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Knowledge and attitude of premenopausal and postmenopausal women towards menopause in selected markets of Ibadan north east local government, Oyo state

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Menopause is an unavoidable change that every woman will experience and it is perhaps most easily understood as the opposite process of menarche, the start of monthly periods. The menopause transition and post menopause itself is a natural life change which occurs as one increase in age and not a disease state or disorder. It is therefore, helpful if women are able to learn what to expect and what options are available to assist the transition if necessary. This research is a descriptive cross sectional survey, non- experimental study. A sample size of 120 respondents; 60 premenopausal and postmenopausal, was chosen using simple random technique. A structured questionnaire was used in data collection from the respondents with ethical consideration observed. Data analysis shows that 10% of premenopausal women had knowledge of menopause while 20% of postmenopausal women had it. 90% of the premenopausal women had positive attitude while 83.35 of postmenopausal women had positive attitude towards menopause. This study shows that women are aware of menopause but majority of them lack knowledge about the signs and symptoms of menopause and the coping mechanism that can be adopted. However, the findings revealed that women have a positive attitude towards menopause.