

'Quality of life and emotional distress between patients on peritoneal dialysis versus community-based hemodialysis' by Konstadina Griva et al Quality of Life Research

A/P Konstadina Griva (Department of Psychology) and her co-authors present the first large-scale study to compare the quality of life and emotional impact for patients in community-based hemodialysis vs. peritoneal dialysis.

Hemodialysis (HD) and peritoneal dialysis (PD) have been used for over 20 years to sustain life in end-stage renal disease (ESRD) patients on long transplantation waiting lists. HD is typically performed 3 times a week in an outpatient facility under the supervision of nurses using a dialysis machine. PD patients receive training by professional health care staff and typically administer dialysis at home autonomously or with the help of a caregiver. This is the first study to



compare Quality of Life (QOL) and emotional adjustment outcomes between the two types of patients. Data were collected between 2009 and 2011 from a cross-sectional sample of 232 HD patients and 201 PD patients recruited through community dialysis centers and outpatient PD clinics in Singapore. The majority of patients in HD received HD in community settings rather than hospital based dialysis units. Participants completed the Hospital Anxiety and Depression Scale, World Health Organization Quality of Life Brief and the Short form for the Kidney Disease Quality of Life. Measures of ESRD severity, comorbidity and biochemistry were also collected. Physical and emotional QOL impairments were noted for both dialysis groups. Comparisons indicated higher symptoms of depression and poorer physical health yet higher satisfaction with care in PD relative to community-based HD. The authors concluded that peritoneal dialysis regimes offer flexibility and autonomy under the support of PD teams. Although outcomes for most QOL aspects measured were equivalent, PD patients are more satisfied with care but are at risk for emotional distress and provide poor ratings of physical health. Further research is needed to explore the expansion of standards of care to address psychosocial needs in PD populations.

K. Griva, A. W. Kang, Z. L. Yu, N. K. Mooppil, M Foo, Choong Meng Chan, S. P. Newman (2014) Quality of life and emotional distress between patients on peritoneal dialysis versus community-based hemodialysis *Quality of Life Research* 23: 1, pp 57-66. DOI 10.1007/s11136-013-0431-8

Subsequently the main author A/P Griva and three of her former students at NUS have published a recent review in the journal *PloS ONE*: 'Non-Adherence in Patients on Peritoneal Dialysis: A Systematic Review'. It is available online here.