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The Impact of Constipation on Quality of Life of Chronic Kidney Disease (CKD) Patients in Malaysia

Nurhayati Mohamad Nor*, Lee Yeong Yeh and Nurhazwani Hamid
Universiti Sains Malaysia, Malaysia

Background: Chronic Kidney Disease (CKD) is a growing chronic disease in Malaysia, the prevalence of chronic kidney disease is high (9.1%). Constipation is common among CKD patients and has been associated with a decline in quality of life. Our study aimed to evaluate the quality of life (QOL) of CKD patients with constipation.

Methods: This descriptive cross-sectional study was conducted from October 2017 to March 2018 and included 312 patients from 3 hospitals located in Malaysia (i.e., Hospital USM, Hospital Raja Perempuan Zainab II and Hospital Serdang). Using Kidney Disease Quality of Life-36™ (KDQOL-36™) questionnaire, patients were interviewed in Malay to gather information on Physical Health Composite Summary (PCS), Mental Health Composite Summary (MCS) and Kidney Disease Composite Summary (KDCS) domains. Data entry and analysis was done using SPSS version-23.

Results: Among the 387 CKD patients, we found (n = 276) having constipation. The mean score of KDQOL was 70.65 ± 9.79 , Physical Health Composite Summary (PCS) 62.86 ± 18.26 , Mental Health Composite Summary (MCS) 56.34 ± 19.79 and Kidney Disease Composite Summary (KDCS) was 70.65 ± 7.49 . There was a significant relationship between constipation and MCS and KDCS ($p < 0.05$). Only sub-scales of general health in PCS were significant ($p < 0.05$). Emotional well-being, Social function, Energy or fatigue, the MCS sub-components showed significant association with constipation ($p < 0.05$). Similarly, symptoms, effects of kidney disease, the burden of kidney disease, quality of social interaction, sleep, social support, encouragement and satisfaction, which are sub-components of KDCS also showed a psychotic association ($p < 0.05$) with constipation.

Conclusion: The QOL is significantly reduced for most CKD patients with constipation especially mental and CKD disease burden. The lowest score is found in the KDCS, Burden of kidney disease 39.61 ± 29.07 , followed by MCS, Emotional well-being 44.06 ± 34.38 and PCS, General health 46.67 ± 19.58 .