

4th International Conference on Nursing Education and Research

December 3-4, 2018 Dubai, UAE

Patient's Experiences of End Stage Renal Disease: A Phenomenological Study

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End Stage Renal Disease (ESRD) is an incurable, life threatening chronic kidney disease that effects on individual's daily living. Currently, most of patients with ESRD used to live longer and healthier because of advanced technology in medicine. However, the outcome is uncertain. Spending the life between hopes of prolonging life and risk of death are often not well understood by health care professionals. This study aimed to explore the patient's experiences of end stage renal disease, at Teaching Hospital Kandy (THK), in Sri Lanka. Twenty patients who diagnosed ESRD and undergone hemodialysis in THK were purposefully recruited for this phenomenological study. The ethical approval was obtained from ethics review committee at THK. Data was collected through semi-structured interviews and thematic analysis was used for data analysis. Four themes were derived from the data as physical, emotional, socio-economical sufferings and sufferings from dependency. As physical sufferings, discomfort, physical restrictions, restrictions in diet, difficult in sleep and rest, lack of energy and fatigue were identified. Further, they were suffering psychologically due to uncertainty about the future, loss of hope, negative body image, lack of self-esteem, fear and frustrating, anxiety, depression and suicidal ideation. Under socio-economical sufferings, changing the personal relationships and social supports, restrictions of participation in leisure activities because of limited time with continuing treatments, barriers for sexuality, inadequate financial resources and social isolation were explored. Moreover, all most all the patients were suffering from dependency as depending on their family because of morbidity, dependence in activities of daily living and dependence on treatments and financial dependency caused by decreased working capacity. In conclusion, the patients with ESRD are suffering from physically, emotionally, socio-economically and dependency. Hence it is paramount important to increase more attention to overcome these sufferings to enhance the quality of life of the patients with ESRD.

Keywords: End stage renal disease, patient's experiences and phenomenology.

Biography:

E.M.J.K.B Ekanayake has ten years experience as a Registered Nurse, presently working at Teaching Hospital, Kandy, the second largest tertiary care center of the county Sri Lanka.