

**Abstract**

**Original Paper**

**Social Life of Patients Undergoing Haemodialysis**

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**Abstract**

**Introduction:** Chronic Renal Failure (CRF) is a public health problem that has serious impact on social life of patients undergoing haemodialysis. Haemodialysis program affects significantly mental health and quality of social life as patients are unable to do their daily habits as usually.

**Aim:** The purpose of this quantitative research study is to investigate the social impact of dialysis on quality of life of people with End Stage Renal Failure (ESRF).

**Methodology:** The sample study included 100 patients undergoing haemodialysis in four hospitals in Athens. Data was collected by the completion of a questionnaire KDQOL-SF, incorporating the tool overview of the SF-36 Health and an additional questionnaire that included demographic characteristics. Literature review was based on studies, reviews and articles derived from Medline, PubMed, Cinahl, Scopus and Greek Iatrotek data bases..

**Results:** The average age of the subjects was 50-59 years old and 69% were male. The majority (66%, n=66) was married while a 80.81% (n=80) were retired, a 27.3% (n=27) were in moderate economic status, a 29.3% (n=29) were in poor economic status. A 41.7% (n=40) agreed that renal failure affected negatively the quality of their life while 45.3% (n=43) used to spend too much time trying to cope with nephropathy. A 32.7% (n=32) reported a lot satisfaction from the time they spend with family and friends while a 68.3% (n = 67) were feeling that were burden to their family because of nephropathy. A 17.7% (n = 17) answered that they were often isolated from other people, 37.5% (n = 36) behaved with irritation to other a few times and a 23.7% (n = 23) had trouble in thinking and concentrating few times. Concerning the support provided from family and friends, a 52% (n = 51) was very satisfied and their health was not a barrier to work (71.9% n = 69).

**Conclusions:** Specific variables, such as age, gender, frequency and duration of dialysis, education, marital, financial and professional status, social functioning and effects of renal disease can affect either positively or negatively the quality of patients' social life.

**Keywords:** haemodialysis, chronic renal failure, quality of life, psychosocial disorders, social aspects, socioeconomic factors, social life.