

## Quality of Life of Hemodialysis Patients Waiting for Kidney Transplantation

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**Introduction:** There are few data about the quality of life (QOL) level among patients undergoing hemodialysis (HD) and eligible for kidney transplantation.

**Aim:** to investigate the quality of life of patients on hemodialysis waiting for kidney transplantation.

**Methods:** 76 end-stage renal disease patients undergoing HD included, that were in this moment (February 2014) on dialysis in Military Medical Academy. The QOL level was compared between HD patients waiting (N=22) and not waiting (N=54) for kidney transplantation. All patients are older than 18 years, have been on HD at least three months. To measure QOL, the SF-36 was used.

**Results:** Patients waiting kidney transplantation are younger ( $42.68 \pm 12.10$  versus  $63.17 \pm 14.06$  years old;  $p < 0.005$ ) and most of them are single (50% versus 9.7%;  $p < 0.001$ ). They less often have diabetes (0% versus 13.0%), hypertension (4.5 versus 18.5%) and obstructive uropathy (4.5% versus 13.0%). Mean scores were higher among patients waiting kidney transplantation regarding four dimensions of QOL: PF (Physical Function) (83.8 versus 66.9;  $p > 0.001$ ), RP (Role Physical) (58.8 versus 46.8;  $p > 0.1$ ), BP (Bodily Pain) (73.2 versus 60.4;  $p > 0.05$ ); SF (Social Functioning) (96.5 versus 77.7;  $p > 0.001$ ). Patients waiting kidney transplantation have higher mean PCS (Physical Component Summary) ( $p > 0.001$ ) and MCS (Mental Component Summary) ( $p > 0.005$ ) scores than patients not waiting transplantation.

**Conclusions:** Patients undergoing HD and not waiting kidney transplantation are at risk of poor QOL level, mainly regarding role-emotional and role-physical aspects. We recommend psychological approach and physical rehabilitation for those groups of patients.