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Psychological distress (stress, anxiety and depression) and quality of life among chronic kidney diseases patients on dialysis at the Cape Coast Teaching Hospital

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Hemodialysis has proven to be the most effective treatment modality due to its efficiency in sustaining patients for a very long period. Despite this, there is evidence to suggest that factors such as stress, depression and anxiety moderates the quality of life of CKD patients on dialysis. Nephrology clinicians primarily should not only treat the physical symptoms of kidney disease but explore and proactively recognize the emotional and psychosocial realities of patients with this disease. The purpose of the study was to investigate the psychological distress and quality of life among chronic kidney disease patients on dialysis at the Cape Coast Teaching Hospital. The study adopted a descriptive survey design. The purposive sampling technique was used to sample 38 patients. Depression, Anxiety and Stress Scales (DASS 42) was adapted to measure psychological distress and quality of life was measured using the World Health Organization Quality of Life Instruments (WHOQOL-BREF). Data was analyzed using Pearson product moment correlation coefficient and independent t-test. The result of the study majority of patients with CKD experience varying levels of psychological distress. Further the study found a negative correlation between psychological distress (stress $r=-0.488$, anxiety $r=-0.537$ and depression $r=-0.467$, $n=40$, $p=0.001$) and CKD patients' quality of life. Finally, no significant differences was observed in the psychological distress of males ($M=72.64$, $SD=9.61$) and females $M=68.93$, $SD=4.33$; $t(35.95)=1.67$, $p=0.104$ (2 tailed). It was recommended that renal care practitioners should be educated on the need to refer patient to clinical psychologist for proper management of psychological related cases. Also, a robust multidisciplinary team approach for the management of renal cases.

Biography

Dorothy Mensah-Aggrey was born and raised in Ghana and has over 30 years of varied administrative and teaching experiences in music, theology and education. After graduating with a B. Mus. (Music) and Dip. Ed. (Education) simultaneously from the University of Cape Coast in Ghana in 1985. While working with the Archdiocese of Washington, Aggrey instituted a Catechist Peer Ministry and Mandatory Catechist Formation series; worked on the Archdiocesan textbook review board and helped establish an African choir at a prominent parish in Maryland (MD). At the same time, she pursued her doctorate in Education (Professional Studies) from Capella University, MN. She is also a certified online programmer having studied for the certificate from The Learning Resources Network (LERN), KS. Aggrey currently works at the University of Dayton's Institute for Pastoral Initiatives (IPI) as a Curriculum Design Specialist and Adult Faith Formation Coordinator.

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