

Health-Related Quality of Life Among Hemodialysis Patients in Al Baha, Saudi Arabia: A Cross-Sectional Multicenter Study

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ABSTRACT

End-stage renal disease (ESRD) is a chronic, progressive condition characterized by irreversible kidney function loss, requiring renal replacement therapies like dialysis or transplantation. Health-related quality of life (HRQOL) is critical in ESRD management, aiming to enhance patient care, symptom control, and rehabilitation. In 2017, 19,659 dialysis patients were recorded in Saudi Arabia, with a prevalence of 604.42 cases per million population. The global increase in chronic kidney disease (CKD) is largely due to obesity, diabetes, and hypertension. This study aims to evaluate the quality of life (QOL) of hemodialysis patients attending dialysis centers in the Al Baha region, Saudi Arabia. A cross-sectional study was conducted between June 19 and July 4, 2023. Hemodialysis patients from three centers—King Fahad Hospital Dialysis Center, Al Aqiq Dialysis Center, and Al Mandaq Dialysis Center—were interviewed using a structured questionnaire. A total of 71 patients were included. About half showed high QOL, with mean scores exceeding thresholds for physical health, kidney disease, and mental health. Factors significantly affecting QOL included sex ($p = 0.004$), age ($p = 0.001$), marital status, education, cardiovascular conditions, diabetes, and duration since diagnosis ($p < 0.0001$). QOL scores were lower across all domains, especially in middle-aged, unmarried, female patients with lower education, comorbidities, and longer disease duration. These results emphasize the need for interventions to improve QOL among hemodialysis patients in Al Baha, with a focus on mitigating modifiable factors and enhancing patient support.

Keywords: Chronic Kidney Disease, ESRD, Hemodialysis, HRQOL, Saudi Arabia.

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