

# Assess the level of Stress and Coping Abilities of Patients undergoing haemodialysis at Selected Hospital, South India.

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## **Abstract:**

End Stage Renal Disease (ESRD) is an irreversible kidney failure, mainly caused due to diabetes and hypertension and also glomerulonephritis. Most of the people do not recognize any symptoms until the end stage of the disease. Even though, a most number of symptoms occurs with the decline in kidney function and also affecting different systems, The artificial methods should be important to replace the kidney function, in order to maintain the physical and psychological problems of the patients.

**PURPOSE:** This study is to assess the level of stress and coping abilities of patients undergoing hemodialysis.

**METHODS:** Participants were patients undergoing hemodialysis between the age group of 20-60 yrs. Data was collected for about one week using Lovibond Depression Anxiety stress scale to assess the level of stress and Katowice coping scale to find the coping ability of patients.

**RESULTS:** Out of 20 samples nearly half of the patients 35% experienced moderate level of stress and 45% had severe stress. Male patients reported highest level of coping 20% compared to women 15%. The analysis revealed that the relationship between stress and coping ability of patients with hemodialysis is significant with r value 0.82.

**CONCLUSION:** The results of the study showed that stress level was high among the patients undergoing hemodialysis Hence interventions were implemented to improve adequate coping strategies in managing stress among the patients using relevant audio-visual aids. Inculcating positive coping strategies can promote the well-being of patients and reduce the stress level of the patients.

**Index Terms – Level of stress, Coping abilities and Level of coping, correlation of stress with coping, Hemodialysis.**

## **I. INTRODUCTION**

Dialysis patients needs coping strategies with the various aspects of their disease. Identifying the adaptation methods provides valuable information for planning specific treatment and medical care delivery and improving the performance of medical teams. Coping with chronic illness is always a challenging and threatening process, and healthcare providers need to be aware of these conditions. If coping strategies are used effectively, they can help in improving the performance and well-being of individuals. Understanding the processes that dialysis patients pass through can help the health-care providers to efficiently manage their patients

Dialysis patients need coping ability with various treatment aspects of their disease. Identifying the problem of adaptation methods provides the valuable information and also for the planning specific treatment and also delivery of medical care and the improvement of the performance of the health care professionals.

## **II. NEED FOR THE STUDY**

Some evidences suggested that stress is a significant factor in hemodialysis, since the evidences results showed in a good change in the patients' quality of life, thus affects the patients physiological and psychological well-being. The most frequently experienced stressors of the patients having the treatment of dialysis are to reduce the food and fluids and also to prevent frequent hospitalizations and also limitations in leisure activities, dependence of others, no employment for the population, sexual problems, and afraid about the future. So, this study focuses on identifying the level of stress, explore the coping abilities expressed by the patient during their course of treatment in hospital.

### III. OPERATIONAL DEFINITION

Stress: Stress is change in the body's reaction that requires physical, mental or emotional adjustment

Coping ability: Coping refers to one's own effort, to solve their personal as well as interpersonal problems to combat stress and conflict.

Hemodialysis; It is an artificial method of removing fluids and excess salt from our body.

### IV. OBJECTIVES

1. To assess the level of stress among patients undergoing hemodialysis.
2. To assess the coping abilities among patients undergoing hemodialysis.
3. To correlate the stress and coping abilities of patients undergoing hemodialysis.
4. To compare the stress and coping abilities of patients with the selected demographic variables.

### V. INCLUSION CRITERIA

1. Both male and female patients undergoing hemodialysis..
2. Patient between the age group of 20 to 60 years.
3. Patient who could speak Tamil or English.

### VI. ASSUMPTIONS

1. Stress may be experienced by the patients during the mode of treatment.
2. Stress and coping abilities used by each individual person may vary due to factors like age, sex, education etc.,

### VII. DELIMITATION

1. The duration of the study is limited to 1 week.
2. The sample size taken for the study is only 20.

### VIII. METHODOLOGY

A descriptive research design was adopted to study the perceived level of stress among patients with undergoing haemodialysis in kamakshi memorial hospital, Chennai, India. The study was conducted with 20 patients. All patients who undergoing haemodialysis and fulfilled the inclusion criteria were selected using convenient sampling technique. The researcher has used the Lovibond Depression Anxiety stress scale to assess the stress level among the patient undergoing hemodialysis ranges from mild stress to severe stress. Katowice coping scale was used to assess the coping among the subjects. The scoring is interpreted as inadequate coping, moderate and adequate coping. The tool was assessed for its reliability by using Karl Pearson's correlation method and the r value is 0.82. The data was collected for a period of 1 week. The demographic variables consist of personal and clinical variables such as age, sex, religion, occupation, education, income of family, duration of illness, marital status and residential area.

### IX. RESULTS AND DISCUSSION

The results revealed that one third of the patients 45% experienced severe stress, 35% had moderate stress and 20% had mild stress. The level of coping was high among the male 20% compared to female (15%). Significant association was found between coping and some of the demographic and clinical variables such as sex, occupation and duration of illness. The analysis revealed that the relationship between stress and coping ability of patients undergoing haemodialysis is significant. The Karl Pearson Coefficient correlation between stress and coping is 0.82. It shows positive correlation.

**Table - 1: Level of stress among patient undergoing hemodialysis.**

Stress Level	Respondent Stress Level	
	Frequency	Percentage
Mild	4	20%
Moderate	7	35%
Severe	9	45%

**Table - 2: Level of Coping among patient undergoing hemodialysis.**

Level of coping	Respondents Stress Level	
	Frequency	Percentage
Inadequate	9	20%
Moderate	7	45%
Adequate	4	20%

**Table - 3: Correlation of stress and coping of patient undergoing hemodialysis**

Variables	Frequency	Karl Pearson Coefficient Correlation
Stress	20	0.82
Coping	20	

**X. LIMITATION**

1. The size of the sample was limited to 20 only.
2. The study is limited to patient undergoing hemodialysis..

**XI. CONCLUSION**

The present study assessed the stress and coping abilities of patient undergoing haemodialysis. The study finding reveals that there was significant relationship between stress and coping. Based on the statistical findings it is evident that provision of stress management strategies will help the patient to adapt the grief responses. So, interventions were planned to promote coping strategies among patients with relevant audio-visual aids. Effective Coping skills can promote physical and mental health of the patients which would help in their burden of the family as well as the patients.

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