

Subtheme 1: Chronic illness and care

OP9

The influence of health care related and socioeconomic factors on treatment adherence of end-stage renal disease patients at Teaching Hospital Jaffna

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Background and Objective: End-stage renal disease is a major health concern in Sri Lanka. The outcome of management is low compared to that of developed countries. An important reason may be poor adherence to treatment. This study aimed to assess the treatment adherence of patients with end-stage renal disease at Teaching Hospital Jaffna and the influence of socio-economic and health service-related factors on treatment adherence.

Methods: This descriptive cross-sectional study was carried out among 102 patients with end-stage renal disease attending haemodialysis at Teaching Hospital Jaffna. An interviewer-administered questionnaire developed on the KoBo collect app was used to collect data. Treatment adherence was measured through a composite scoring system with consideration to hospital attendance, drug compliance, diet, fluid modification, and health interest. Data analysis was done using SPSS software. Ethics approval was obtained from the Ethics Review Committee, Faculty of Medicine, University of Jaffna.

Results: The majority of the patients fell in the age category of 18-50 years and most of them were males (66.7%). In the sample, 55.9% of patients had satisfactory treatment adherence. Chi-square test showed a significant association between treatment adherence and patient satisfaction with doctor's service ($p=0.002$), distance from hospital ($p=0.012$), and dialysis outcome ($p=0.002$). Socio-economic factors such as monthly income ($p=0.048$) and educational qualification ($p=0.002$) were also significantly associated with treatment adherence.

Conclusions: Over half (55.9%) of the sample showed satisfactory adherence to treatment for end-stage renal disease at Teaching Hospital Jaffna. There was a significant relationship between some socio-economic and health service-related factors and treatment adherence. More research on renal replacement therapy is needed to bring this major health issue prevailing in the country into the limelight. We recommend covering other aspects that are known to influence treatment adherence like family support and also including other satellite units in Jaffna.

Keywords: End-stage renal disease, Jaffna, Haemodialysis, Health care, Treatment adherence