

CHAPTER 5

Quality Of Life and Rehabilitation Outcomes of Patients on Dialysis

Liu Wen Jiun
Chew Thian Fook
Alinda Chiu Sze Fung
Zaki Morad b Mohd Zaher

SECTION A : QoL index score

21711 patients who entered dialysis between 1999-2008 were analysed. 18298 HD patients and 3413 CAPD patients reported median QoL index score of 9 and 10 respectively (Table 5.1, Figure 5.1) Diabetics have a lower median QoL index score (8 versus 10) than non-diabetics (Table 5.2, Figure 5. 2) whilst there was no difference seen between gender (Table 5.3, Figure 5.3). There is a trend of lower median QoL index score being associated with older dialysis patients (Table 5.4, Figure 5.4). There are no obvious trends in QoL index seen either in the HD or PD cohort over the last 10 years. (Table 5.5, Table 5.6, Figure 5.5 and Figure 5.6)

Table 5.1: Cumulative distribution of QoL-Index score in relation to dialysis modality, All dialysis patients 1999-2008

Dialysis modality	PD	HD
Number of patients	3413	18298
Centile		
0	0	0
0.05	5	4
0.1	6	5
0.25 (LQ)	8	7
0.5 (median)	10	9
0.75 (UQ)	10	10
0.9	10	10
0.95	10	10
1	10	10

Figure 5.1: Cumulative distribution of QoL-Index score in relation to Dialysis Modality, All Dialysis patients 1999- 2008

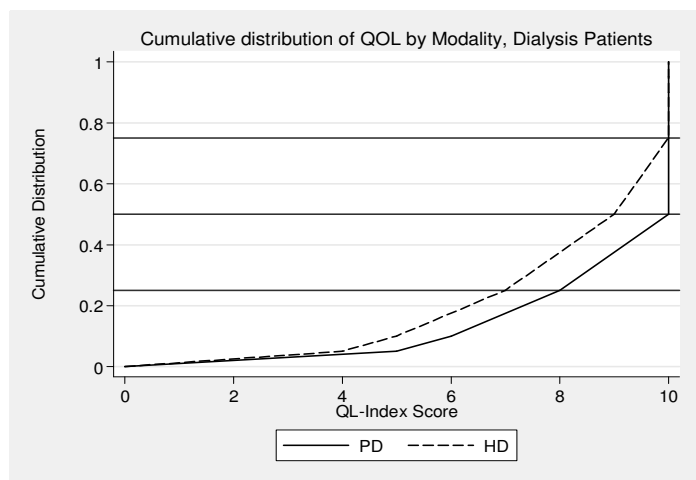


Table 5.2: Cumulative distribution of QoL-Index score in relation to Diabetic, All dialysis patients 1999-2008

Diabetes mellitus	No	Yes
Number of patients	10662	11049
Centile		
0	0	0
0.05	5	4
0.1	7	5
0.25 (LQ)	8	6
0.5 (median)	10	8
0.75 (UQ)	10	10
0.9	10	10
0.95	10	10
1	10	10

Figure 5.2: Cumulative distribution of QoL-Index score in relation to DM, All Dialysis patients, 1999-2008

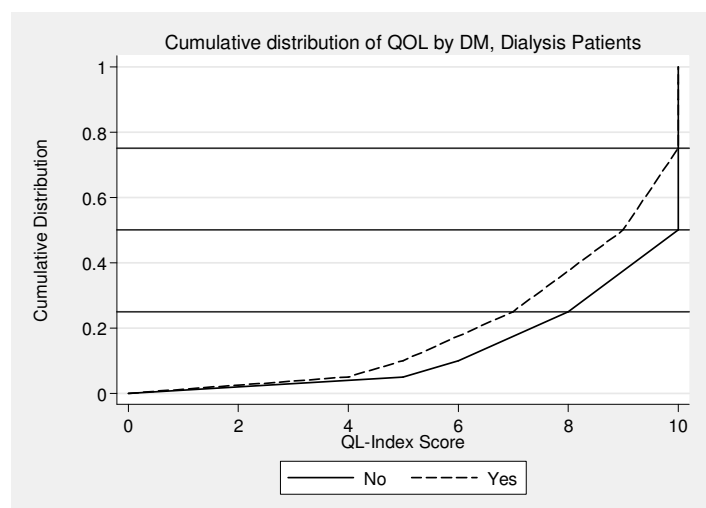


Table 5.3: Cumulative distribution of QoL-index score in relation to Gender, All Dialysis patients 1999-2008

Gender	Male	Female
Number of patients	12017	9694
Centile		
0	0	0
0.05	5	4
0.1	6	5
0.25 (LQ)	7	7
0.5 (median)	9	9
0.75 (UQ)	10	10
0.9	10	10
0.95	10	10
1	10	10

Figure 5.3: Cumulative distribution of QoL-Index score in relation to Gender, All Dialysis patients, 1999- 2008

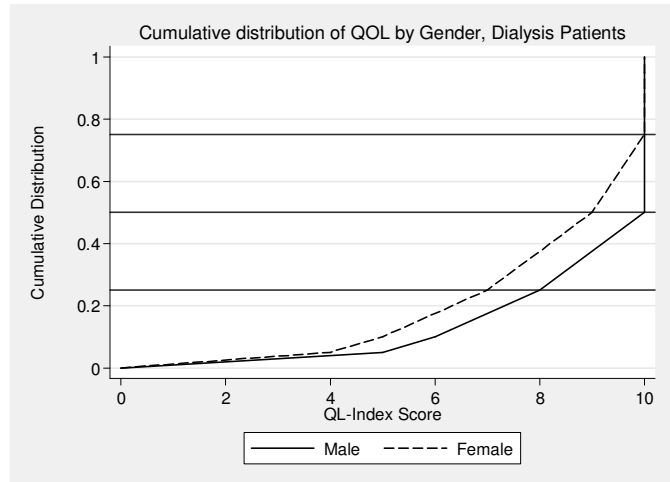


Table 5.4: Cumulative distribution of QoL-index score in relation to Age, All Dialysis patients 1999-2008

Age group	<20	20-39	40-59	>=60
Number of patients	799	3516	10379	7017
Centile				
0	0	0	0	0
0.05	6	6	5	4
0.1	7	8	6	5
0.25 (LQ)	9	9	8	6
0.5 (median)	10	10	9	8
0.75 (UQ)	10	10	10	9
0.9	10	10	10	10
0.95	10	10	10	10
1	10	10	10	10

Figure 5.4: Cumulative distribution of QoL-Index score in relation to Age, All Dialysis patients, 1999-2008

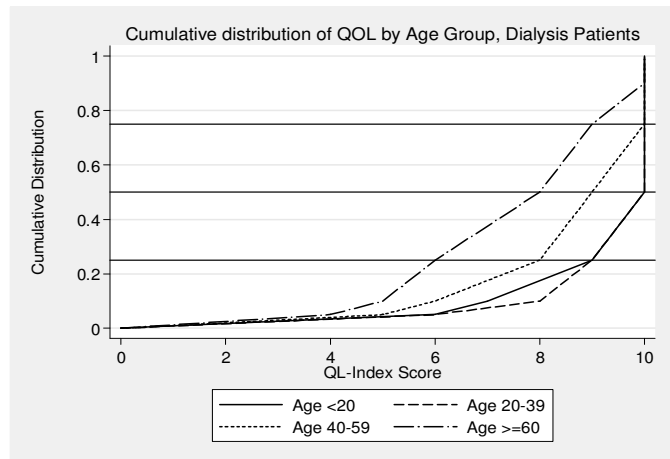


Table 5.5: Cumulative distribution of QoL-Index score in relation to year of entry, HD patients 1999-2008

Year of Entry	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008
Number of patients	1041	1274	1439	1649	1708	2033	2122	2458	2460	2114
Centile										
0	0	0	0	0	0	0	0	0	0	0
0.05	5	5	5	4	5	4	4	4	4	4
0.1	6	6	5	5	5	5	5	5	5	5
0.25 (LQ)	7	7	7	7	7	7	7	7	7	7
0.5 (median)	9	9	9	9	9	9	9	9	9	9
0.75 (UQ)	10	10	10	10	10	10	10	10	10	10
0.9	10	10	10	10	10	10	10	10	10	10
0.95	10	10	10	10	10	10	10	10	10	10
1	10	10	10	10	10	10	10	10	10	10

Figure 5.5: Cumulative distribution of QoL-Index score in relation to year of entry, HD patients 1999-2008

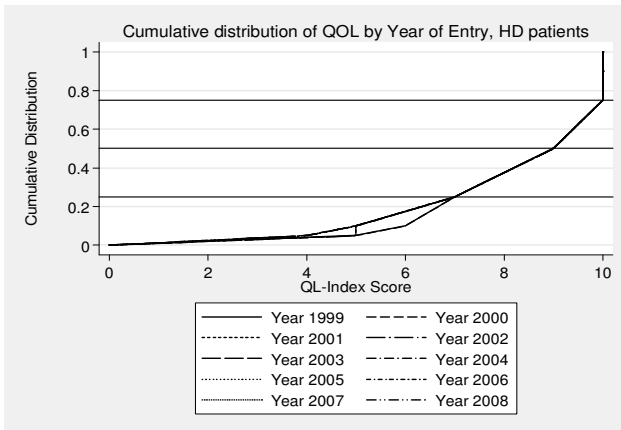


Figure 5.6: Cumulative distribution of QoL-Index score in relation to year of entry, PD patients 1999-2008

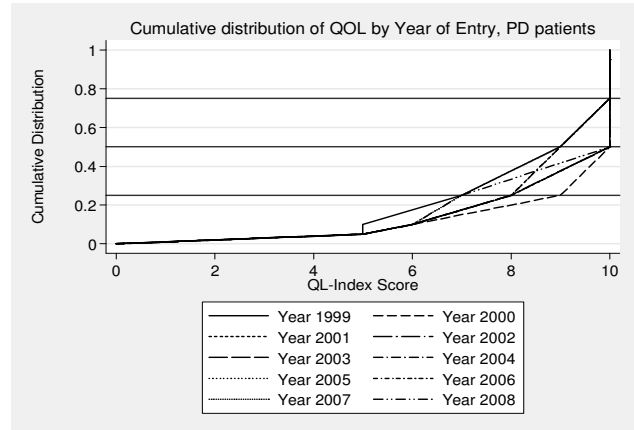


Table 5.6: Cumulative distribution of QoL-Index score in relation to year of entry, PD patients 1999-2008

Year of Entry	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008
Number of patients	167	188	269	320	368	307	319	425	524	526
Centile										
0	0	0	0	0	0	0	0	0	0	0
0.05	5	5	5	5	5	5	5	5	5	5
0.1	5	6	6	6	6	6	6	6	6	6
0.25 (LQ)	7	9	8	8	8	8	8	8	7	7
0.5 (median)	9	10	10	10	10	9	10	9	9	10
0.75 (UQ)	10	10	10	10	10	10	10	10	10	10
0.9	10	10	10	10	10	10	10	10	10	10
0.95	10	10	10	10	10	10	10	10	10	10
1	10	10	10	10	10	10	10	10	10	10

SECTION B : Work related rehabilitation

Analysis was done on HD patients (n=7199) and CAPD patients (n=1112) who entered dialysis between 1999 –2008, (Table 5.7). Only patients who are working for pay and those who are unable to work for pay due to health reasons are included. The proportion of patients on employment are similar in both modalities (HD = 71% vs. CAPD 70%)

Amongst HD as well as CAPD patients, the proportion on employment increases with longer duration on dialysis. (Table 5.8 and Table 5.9) This may be confounded by the healthier individuals who survived longer in the earlier cohort and therefore spuriously increased the proportion on employment.

Table 5.7: Work related rehabilitation in relation to modality, dialysis patients, 1999-2008

Modality	PD		HD	
	n	%	n	%
Number of patients	1112		7199	
Able to return for Full or Part time for pay*	792	71	5013	70
Unable to work for pay	320	29	2186	30

Table 5.8: Work related rehabilitation in relation to year of entry, HD patients 1999-2008

Year	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008
Number of patients	534	591	604	690	707	807	788	906	850	722
Able to return for Full or Part time for pay*	n 405	n 455	n 439	n 510	n 516	n 555	n 546	n 614	n 555	n 418
	% 76	% 77	% 73	% 74	% 73	% 69	% 69	% 68	% 65	% 58
Unable to work for pay	n 129	n 136	n 165	n 180	n 191	n 252	n 242	n 292	n 295	n 304
	% 24	% 23	% 27	% 26	% 27	% 31	% 31	% 32	% 35	% 42

Table 5.9: Work related rehabilitation in relation to year of entry, PD patients 1999-2008

Year	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008
Number of patients	48	64	85	119	140	103	112	142	152	147
Able to return for Full or Part time for pay*	n 35	n 43	n 69	n 90	n 108	n 73	n 81	n 99	n 101	n 93
	% 73	% 67	% 81	% 76	% 77	% 71	% 72	% 70	% 66	% 63
Unable to work for pay	n 13	n 21	n 16	n 29	n 32	n 30	n 31	n 43	n 51	n 54
	% 27	% 33	% 19	% 24	% 23	% 29	% 28	% 30	% 34	% 37

Summary:

Median QoL index scores are satisfactory and HD patients (score of 9) achieve a lower score than CAPD patients (score of 10). Diabetes Mellitus and older age group are factors associated with lower median QoL index scores. Higher employment rate amongst HD and CAPD patients who started dialysis earlier may be confounded by these healthier individuals who survived longer.