

CHAPTER 4

Quality of Life and Rehabilitation Outcomes of Patients on Dialysis

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SECTION A : QUALITY OF LIFE (QoL) INDEX SCORE

24499 patients who entered dialysis between 2000-2009 were analysed. 20680 HD patients and 3819 PD patients both reported median QoL index score of 9 (Table 4.1, Figure 4.1) Diabetics have a lower median QoL index score (8 versus 10) than non-diabetics (Table 4.2, Figure 4.2) whilst there was no difference seen between gender (Table 4.3, Figure 4.3). There is a trend of lower median QoL index score being associated with older dialysis patients (Table 4.4, Figure 4.4). There are no obvious trends in QoL index seen either in the HD or PD cohort over the last 10 years. (Table 4.5, Table 4.6, Figure 4.5 and Figure 4.6)

Table 4.1: Cumulative distribution of QoL-Index score in relation to dialysis modality, All dialysis patients 2000-2009

Dialysis modality	PD	HD
Number of patients	3819	20680
Centile		
0	0	0
0.05	5	4
0.1	6	5
0.25 (LQ)	8	7
0.5 (median)	9	9
0.75 (UQ)	10	10
0.9	10	10
0.95	10	10
1	10	10

Figure 4.1: Cumulative distribution of QoL-Index score in relation to Dialysis Modality, All Dialysis patients 2000-2009

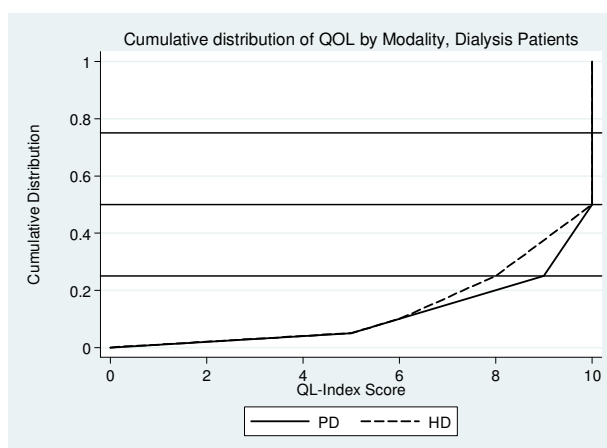


Table 4.2: Cumulative distribution of QoL-Index score in relation to DM, All dialysis patients 2000-2009

Diabetes mellitus	No	Yes
Number of patients	11512	12987
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 4.2: Cumulative distribution of QoL-Index score in relation to DM, All Dialysis patients, 2000-2009

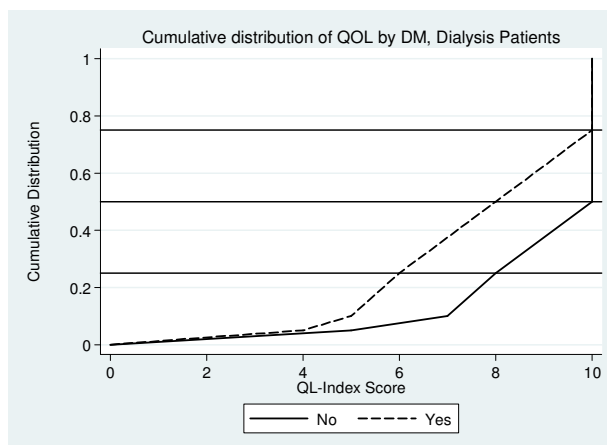


Table 4.3: Cumulative distribution of QoL-index score in relation to Gender, All Dialysis patients 2000-2009

Gender	Male	Female
Number of patients	13512	10987
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 4.3: Cumulative distribution of QoL-Index score in relation to Gender, All Dialysis patients, 2000-2009

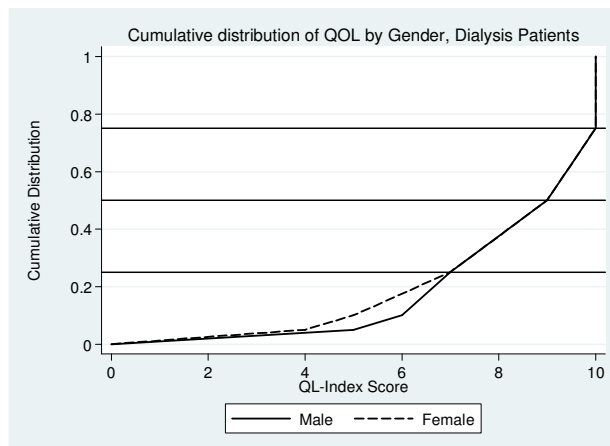


Table 4.4: Cumulative distribution of QoL-index score in relation to Age, All Dialysis patients 2000-2009

Age group (years)	<20	20-39	40-59	>=60
Number of patients	854	3824	11675	8146
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 4.4: Cumulative distribution of QoL-Index score in relation to Age, All Dialysis patients, 2000-2009

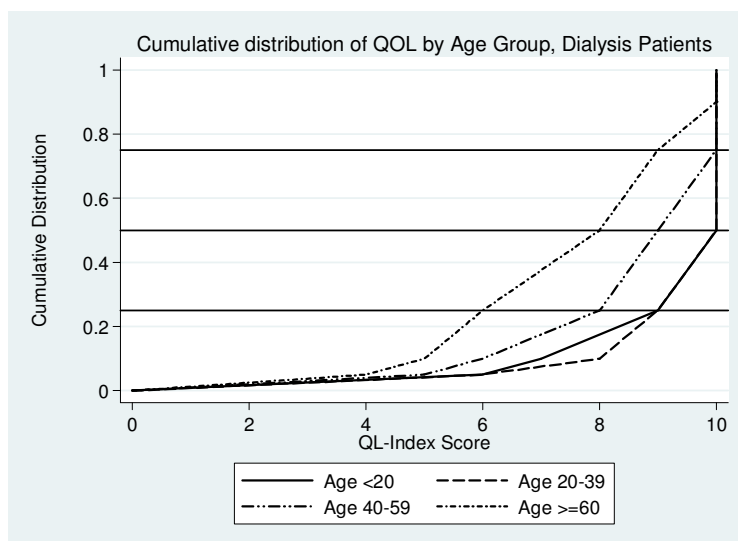


Table 4.5: Cumulative distribution of QoL-Index score in relation to year of entry, HD patients 2000-2009

Year of Entry	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009
Number of patients	1278	1442	1657	1715	2063	2171	2541	2648	2895	2270
Centile										
0	0	0	0	0	0	0	0	0	0	0
0.05	5	5	4	5	4	4	4	4	5	4
0.1	6	5	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 4.5: Cumulative distribution of QoL-Index score in relation to year of entry, HD patients 2000-2009

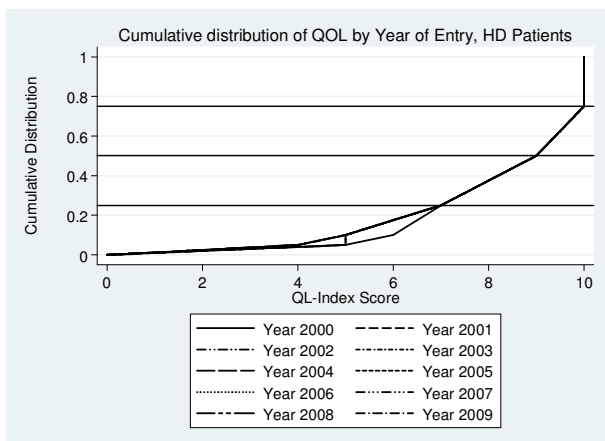


Figure 4.6: Cumulative distribution of QoL-Index score in relation to year of entry, PD patients 2000-2009

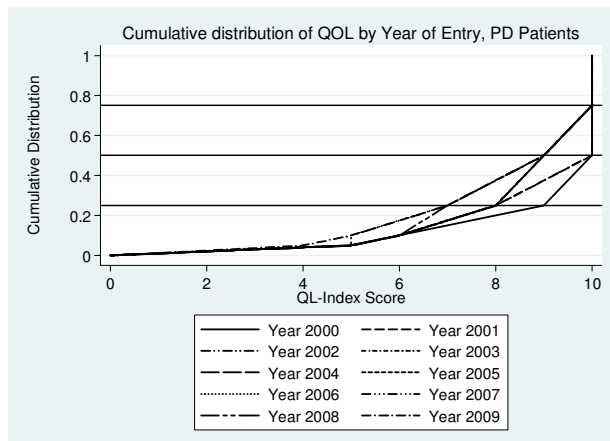


Table 4.6: Cumulative distribution of QoL-Index score in relation to year of entry, PD patients 2000-2009

Year of Entry	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009
Number of patients	188	269	320	369	307	319	425	526	571	525
Centile										
0	0	0	0	0	0	0	0	0	0	0
0.05	5	5	5	5	5	5	5	5	5	4
0.1	6	6	6	6	6	6	6	5	6	5
0.25 (LQ)	9	8	8	8	8	8	8	7	7	7
0.5 (median)	10	10	10	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

SECTION B: WORK RELATED REHABILITATION

Analysis was done on HD patients (n=7993) and PD patients (n=1250) who entered dialysis between 2000-2009 (Table 4.7). Only patients who were working for pay and those who were unable to work for pay due to health reasons are included. The proportion of patients on employment are similar in both modalities (HD = 70% vs PD 70%)

Amongst HD as well as PD patients, the proportion on employment increases with longer duration on dialysis. (Table 4.8 and Table 4.9) This may be confounded by the healthier individuals who survived longer in the earlier cohort and therefore spuriously increased the proportion on employment.

Table 4.7: Work related rehabilitation in relation to modality, dialysis patients, 2000 to 2009

Modality	PD		HD	
	No.	%	No.	%
Number of patients	1250		7993	
Able to return for Full or Part time for pay*	879	70	5561	70
Unable to work for pay	371	30	2432	30

Table 4.8: Work related rehabilitation in relation to year of entry, HD patients 2000 to 2009

Year	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	
Number of patients	598	616	703	717	833	827	966	958	1049	726	
Able to return for Full or Part time for pay*	No.	462	448	523	529	587	584	678	654	673	423
	%	77	73	74	74	70	71	70	68	64	58
Unable to work for pay	No.	136	168	180	188	246	243	288	304	376	303
	%	23	27	26	26	30	29	30	32	36	42

Table 4.9: Work related rehabilitation in relation to year of entry, PD patients 2000 to 2009

Year	2000	2001	2002	2003	2004	2005	2006	2007	2008	2009	
Number of patients	64	85	120	142	103	112	147	165	176	136	
Able to return for Full or Part time for pay*	No.	43	69	90	110	73	83	105	109	113	84
	%	67	81	75	77	71	74	71	66	64	62
Unable to work for pay	No.	21	16	30	32	30	29	42	56	63	52
	%	33	19	25	23	29	26	29	34	36	38

Summary :

Median QoL index scores were satisfactory in both HD and PD patients (score of 9). Diabetes mellitus and older age group were factors associated with lower median QoL index scores. Higher employment rate amongst HD and PD patients who started dialysis earlier may be confounded by these healthier individuals who survived longer.