

## CHAPTER 4

# **QUALITY OF LIFE AND REHABILITATION OUTCOMES OF PATIENTS ON DIALYSIS**

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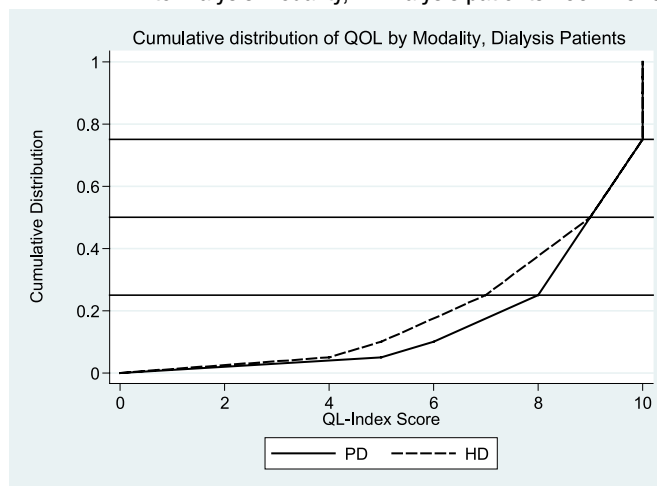
**SECTION A : QoL INDEX SCORE**

27563 patients who entered dialysis between 2001-2010 were analysed. 23403 HD patients and 4160 CAPD patients both reported median QoL index score of 9 (Table 4.1, Figure 4.1) Diabetics have a lower median QoL index score than non-diabetics (8 versus 10) (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 CAPD cohort over the last 10 years. (Table & Figure 4.5, Table & Figure 4.6)

**Table 4.1:** Cumulative distribution of QoL-Index score in relation to dialysis modality, All dialysis patients 2001-2010

Dialysis modality	PD	HD
Number of patients	4160	23403
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

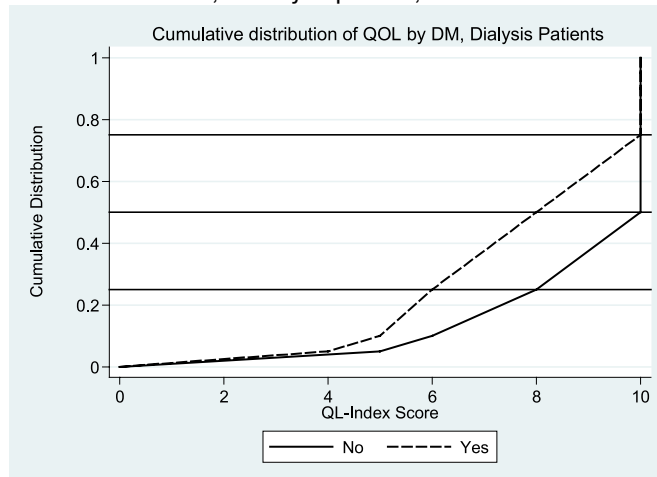
**Figure 4.1:** Cumulative distribution of QoL-Index score in relation to Dialysis Modality, All Dialysis patients 2001-2010



**Table 4.2:** Cumulative distribution of QoL-Index score in relation to DM, All dialysis patients 2001-2010

Diabetes mellitus	No	Yes
Number of patients	13351	14212
Centile		
0	0	0
0.05	5	4
0.1	6	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

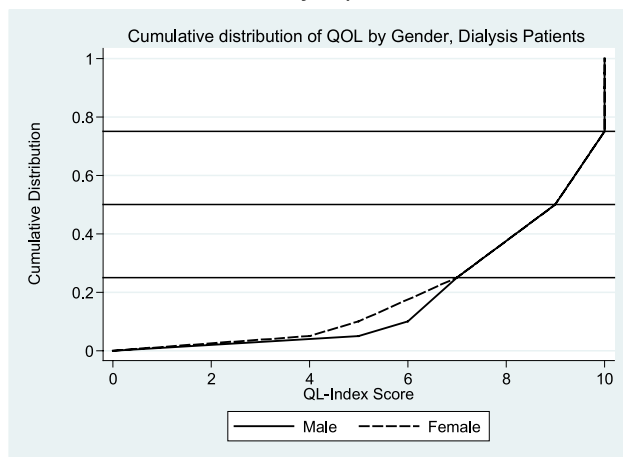
**Figure 4.2:** Cumulative distribution of QoL-Index score in relation to DM, All Dialysis patients, 2001-2010



**Table 4.3:** Cumulative distribution of QoL-index score in relation to Gender, All Dialysis patients 2001-2010

Gender	Male	Female
Number of patients	15252	12311
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

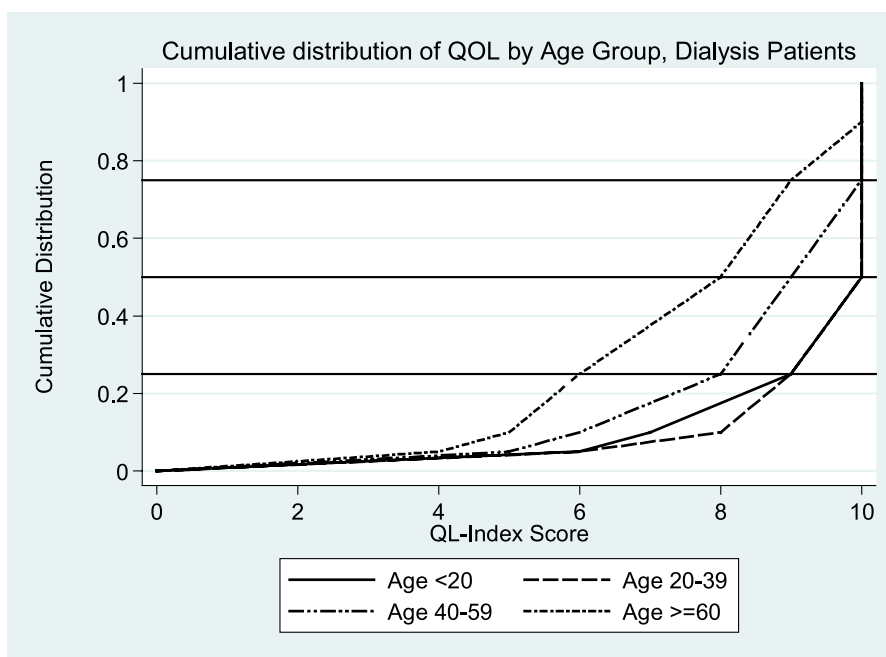
**Figure 4.3:** Cumulative distribution of QoL-Index score in relation to Gender, All Dialysis patients, 2001-2010



**Table 4.4:** Cumulative distribution of QoL-index score in relation to Age, All Dialysis patients 2001-2010

Age group	<20	20-39	40-59	>=60
Number of patients	888	4146	13059	9470
Centile				
0	0	0	0	0
0.05	6	6	5	4
0.1	7	7	6	5
0.25 (LQ)	9	9	7	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

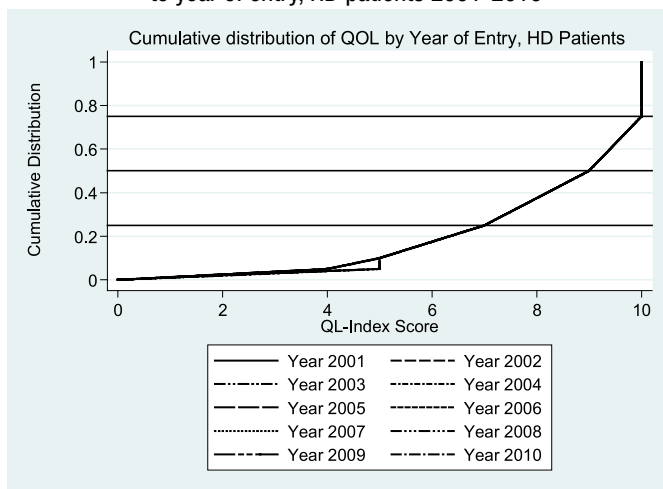
**Figure 4.4:** Cumulative distribution of QoL-Index score in relation to Age, All Dialysis patients, 2001-2010



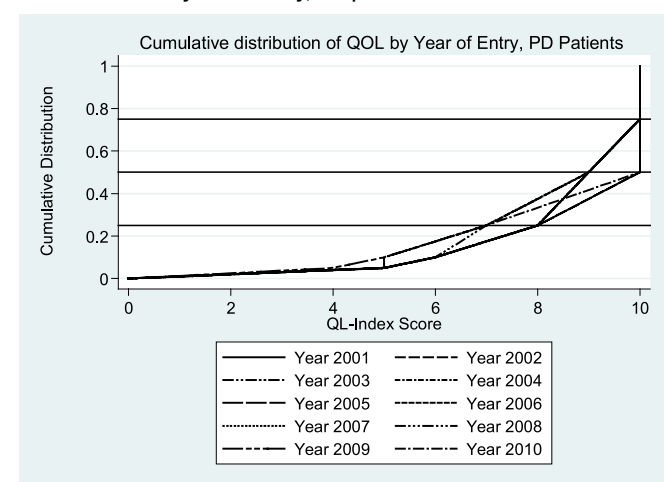
**Table 4.5:** Cumulative distribution of QoL-Index score in relation to year of entry, HD patients 2001-2010

Year of Entry	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010
Number of patients	1449	1668	1739	2098	2211	2606	2761	3153	3243	2475
Centile										
0	0	0	0	0	0	0	0	0	0	0
0.05	5	4	5	4	4	4	4	5	4	4
0.1	5	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 2001-2010



**Figure 4.6:** Cumulative distribution of QoL-Index score in relation to year of entry, PD patients 2001-2010



**Table 4.6:** Cumulative distribution of QoL-Index score in relation to year of entry, PD patients 2001-2010

Year of Entry	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010
Number of patients	269	320	369	307	319	425	526	576	577	472
Centile										
0	0	0	0	0	0	0	0	0	0	0
0.05	5	5	5	5	5	5	5	5	4	5
0.1	6	6	6	6	6	6	5	6	5	5
0.25 (LQ)	8	8	8	8	8	8	7	7	7	7
0.5 (median)	10	10	9	9	9	9	9	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=8864) and CAPD patients (n=1347) who entered dialysis between 2001-2010 (Table 4.7). Only patients who are working for pay and those who are unable to work for pay due to health reasons are included. PD category has a slightly higher proportion of patients on employment compared to HD category. (PD 71% vs HD 69%)

Amongst HD as well as CAPD 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, 2001-2010

Modality	PD		HD	
	n	%	n	%
Number of patients	1347	-	8864	-
Able to return for Full or Part time for pay*	961	71	6093	69
Unable to work for pay	386	29	2771	31

**Table 4.8:** Work related rehabilitation in relation to year of entry, HD patients 2001-2010

Year	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	
Number of patients	628	714	733	852	856	1005	1016	1188	1083	789	
Able to return for Full or Part time for pay*	n	457	535	540	609	608	715	711	783	689	446
	%	73	75	74	71	71	71	70	66	64	57
Unable to work for pay	n	171	179	193	243	248	290	305	405	394	343
	%	27	25	26	29	29	29	30	34	36	43

**Table 4.9:** Work related rehabilitation in relation to year of entry, PD patients 2001-2010

Year	2001	2002	2003	2004	2005	2006	2007	2008	2009	2010	
Number of patients	85	120	141	103	113	147	168	184	146	140	
Able to return for Full or Part time for pay*	n	69	90	109	73	84	105	115	126	96	94
	%	81	75	77	71	74	71	68	68	66	67
Unable to work for pay	n	16	30	32	30	29	42	53	58	50	46
	%	19	25	23	29	26	29	32	32	34	33

### Summary :

Median QoL index scores are satisfactory in both HD and CAPD patients (score of 9). 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.