Anorexia Experience, Management Strategies, and Functional Status in Chronic Kidney Disease Patients Undergoing Hemodialysis

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Abstract

Purpose: To investigate the anorexia experience, management strategies, and functional status in chronic kidney disease patients undergoing hemodialysis as well as determine the relationship between anorexia experience and functional status.

Design: Descriptive correlational study.

Methods: The sample included 88 chronic kidney disease patients undergoing hemodialysis at the hemodialysis unit, the Kidney Foundation of Thailand, Priest Hospital. Data were collected by questionnaires on demographic characteristics, the Council on Nutrition Appetite Questionnaire, anorexia management strategies, and the Thai-Modified Function Living Index. Pearson’s product moment correlation coefficient was used to analyze the relationship between anorexia experience and functional status.

Main findings: Anorexia experience of the sample was at a moderate level (X = 20, SD = 5.38, with a range from 8-40). The most frequently used anorexia management strategy was avoidance of smoking, and it was an effective means to relieve anorexia and that most of the subjects learned to manage their anorexia by themselves. In addition, the subjects’ mean score of the overall functional status was at a moderate level (X = 41.90, SD = 9.37, with a range from 0-66), and the results showed that the anorexia experience was negatively correlated with functional status (r = -.23, p = .01).

Conclusion and recommendations: Nurses should pay attention to the anorexia experience in chronic kidney disease patients undergoing hemodialysis and appropriately manage the symptom to promote patient’s functional status.

Keywords: anorexia experience, functional status, hemodialysis patients, management strategies