

## **ASSESSING HEALTH-RELATED QUALITY OF LIFE IN TAIWANESE PATIENTS WITH MODERATE TO SEVERE CHRONIC KIDNEY DISEASE**

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**BACKGROUND:** Health-related quality of life (QOL) is an important measure of how diseases affect patients' lives. Previous studies had shown a disproportionate reduction in physical aspects of QOL in chronic kidney disease (CKD). As Taiwan has the highest incidence rate of end-stage renal disease in the world, it is important to assess the QOL of Taiwan's CKD patients.

**METHOD:** QOL was measured by the Medical Outcome Study Short-Form 36 (SF-36) questionnaire (Taiwan version 1.0), a validated instrument for measuring QOL in Taiwan. A total of 213 patients with stage 3 to 5 CKD were enrolled from the nephrology clinic of National Taiwan University Hospital.

**RESULTS:** CKD patients had significantly lower SF-36 scores than Taiwan's general population ( $p < 0.001$  for all 8 scales) and significantly higher SF-36 scores than Taiwan's hemodialysis population ( $p < 0.001$  for 7 of 8 individual scales except General Health). Stage 5 CKD patients scored lower than stage 3 and 4 patients in all individual scales ( $P < 0.05$  for Physical Function, Mental Health, and General Health). In multivariate analysis, female sex ( $p = 0.03$ ) and older age ( $p = 0.01$ ) were associated with worse Physical Function, while higher serum albumin level ( $p = 0.002$ ) and less degree of renal insufficiency ( $p = 0.02$ ) were associated with better Physical Function. Better Mental Health was predicted by college education ( $p = 0.01$ ).

**CONCLUSION:** QOL of Taiwanese CKD patients are worse than that of the general population but better than that of the hemodialysis population. Both physical and mental aspects of HR-QOL are significantly impaired in Taiwanese CKD patients. Improving the nutritional status may improve the physical aspects of QOL of Taiwanese CKD patients.

**Keyword :** chronic kidney disease, quality of life