



Quality of sleep among patients with end stage renal disease (ESRD) undergoing hemodialysis

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Abstract:

Sleep disturbance is very common in patient with end stage renal disease (ESRD) on dialysis. ESRD patients reports a significantly poor subjectively quality of sleep in comparison to the general population.(Il the most frequently reported complaints are insomnia, restlessness syndrome, sleep disordered breathing and excessive daytime sleeplessness (EDSi2) The aim of this study was to assess the quality of sleep among patients with end stage renal disease (ESRD) undergoing hemodialysis unit of Assiut University hospital. The sample of study include 108 patients with end stage renal disease (ESRD) undergoing hemodialysis both male and females. A structural interview questionnaire sheet was used, it include sociodemographic, Pittsburgh sleep quality index (PSQI) (Buysse et al, 1989) was translated into Arabic in order to assess the quality of sleep among patient with ESRD undergoing hemodialysis. The PSQI is useful in identifying good and poor sleepers. A global PSQI score 75 indicate that a person is (poor sleeper). The results. The mean total and subtotal good and poor scores of PSQI, the mean total score were (34.3%) were good sleepers and (65.7%) were poor sleepers. Various strategies should be recommended to improve sleep. Sleep medication, anemia correction more frequent dialysis and assessment sleep.

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