ABSTRACT

DEFENSIVE COPING AND QUALITY OF LIFE IN CHRONIC KIDNEY DISEASE PATIENT IN A TERTIARY CARE CENTRE

A CROSS-SECTIONAL STUDY

AIMS: To assess the Defensive coping adopted by the patients suffering from chronic kidney disease and their in quality of life in a tertiary care centre, among in-patients at department of Nephrology. To analyse the Socio-demographic variable with coping and quality of life.

OBJECTIVES:

1. To assess the pattern of coping adopted by chronic patients
2. To explore the association of quality of life with their socio-demographic profile
3. To analyze the correlation between different clinical variables of chronic kidney disease patient with their quality of life.

METHODOLOGY: This is a cross-sectional, descriptive study was done in sample of 98 chronic kidney disease patients, attending the Nephrology department. Socio demographic data was collected by a semi structure proforma. Scales consists of- 36 items Short Form Health Survey (SF-36), Coping checklist and Hopkins Symptom Check List -25 were used to assess the coping and quality of life. The collected data were subjected to descriptive statistical analysis.

RESULTS: The study reveals, patient suffering from chronic kidney disease mostly adopt emotion focused coping strategy, particularly Acceptance and Religion. Quality of life is worse with CKD patients, due to chronic nature of the disease among stage 4&5.

CONCLUSION: good physical health may not be necessarily accomplished by good mental health and physical health may worsen as a result of long-term emotional defensiveness. So, evaluation of defensive coping in all CKD patients may be warranted to improve both physical and mental health of the individual. As the number of
CKD patient increases, the focus will need to shift from simply prolonging life to providing a better QOL.

**Keywords**: Chronic kidney disease, quality of life, coping, Cancer, Adjustment Disorder, Dysthymia, Major depression, Panic disorder, Post traumatic stress disorder.