

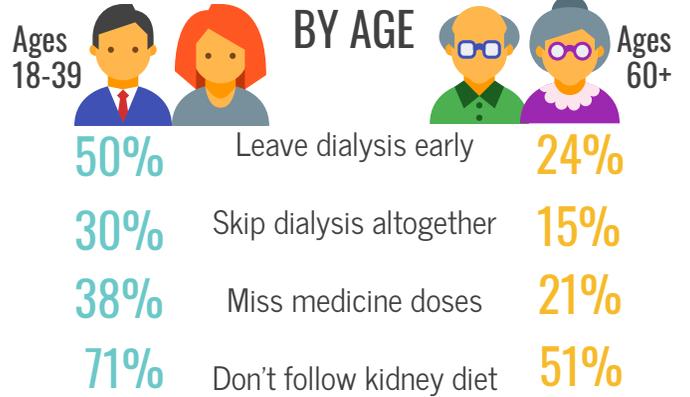
UNDERSTANDING BARRIERS TO DIALYSIS ADHERENCE

Living with kidney failure is challenging. A survey of 1,200 dialysis patients and 400 renal professionals reveals the common challenges patients face in adhering to, or following, their treatment recommendations.

KIDNEY FAILURE requires strict adherence to treatment protocols for the best health outcomes. Among the challenges dialysis patients face in consistently following their treatments are:

- Attending frequent dialysis sessions
- Sticking to the strict food/fluid diet
- Taking several medicines
- Poor communication with medical team
- Lack of support from non-medical caregivers

NON-ADHERENCE BY AGE



DEPRESSED PATIENTS FOLLOW TREATMENTS LESS OFTEN

- 28% skipped a dialysis session (Non-depressed patients: 14%)
- 30% skipped medication (Non-depressed patients: 18%)
- 60% did not follow fluid intake recommendations (Non-depressed patients: 45%)
- 18% felt uncomfortable talking to health care team (Non-depressed patients: 9%)
- 49% never exercise (Non-depressed patients: 39%)



TOP REASONS FOR NOT FOLLOWING RECOMMENDATIONS

DIALYSIS

- Didn't feel well
- Felt overwhelmed
- Didn't have transportation to and from appointment
- Had another doctor's appointment
- Felt bored or restless
- No noticeable difference in health
- Lonely during sessions
- Waited too long at appointment



FOOD

- Felt like taking a break from strict diet recommendations
- Too hard to follow strict diet when eating out
- Don't like recommended foods
- Recommended foods too expensive
- Didn't have time/don't like to cook
- Family/friends don't like recommended foods
- Unsure of what to cook/eat



ACTIVITY AND FITNESS

- Too tired to exercise
- Didn't feel like exercising
- Too sick to exercise
- Felt down or blue
- Too busy to exercise
- Didn't exercise per doctor's orders



MEDICINES

- Forgot to take medicine
- Left phosphorus binders at home when eating out
- Medicine too expensive
- Felt worse/not better from taking medicine
- Hard to keep track of medicines
- Don't like taking medicines around other people



FLUID

- Too thirsty
- Mouth felt dry
- Too hard to keep track of fluid intake
- Forgot some foods count as fluids
- Drank certain drinks for good taste
- Felt like taking a break from strict fluid intake recommendations
- Forgot/unsure of the amount of fluids to eat/drink daily



OTHER

- Medical team didn't have enough time and/or resources for patients
- Language barriers between patients and medical team
- Vision and/or hearing impairments made it hard to understand directions
- Lack of support from non-medical caregivers, such as family and friends
- Medical team didn't clearly communicate the importance of treatments, such as exercise

