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Afr. J. Biomed. Res. Vol. 28(2s) (February 2025); 842-848

Research Article

Enhancing the Quality of Life of Chronic Kidney Disease Hemodialysis Patients Through Mindfulness Practices in Pekanbaru Indonesia.

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Abstract

Introduction: Hemodialysis (HD) is the cornerstone treatment for patients with Chronic Kidney Disease (CKD) in advanced stages. Research has shown that individuals undergoing hemodialysis often experience a significantly lower quality of life compared to the general population.

Objective: this study aims to assess the impact of mindfulness on enhancing the quality of life in patients with Chronic Kidney Disease who are undergoing hemodialysis.

Method: The research employed a quasi-experimental design featuring pretest and posttest assessments with a control group. Intervention group was intervened by mindfulness meditation and conventional care as control. Data were collected from 60 participants chosen through purposive sampling, utilizing the KDQOL-SF version 1.3 instrument, and analyzed using paired t-tests and independent t-tests.

Result: In the intervention group, 46.7% were aged 56-65 years, 56.7% were male, all were married, 56.7% had completed senior high school, and 40% were unemployed. The control group included 36.7% aged 56-65 years, 56.7% male, 90% married, 63.3% with senior high school education, and 46.7% unemployed, with bivariate analysis revealing significant results for both dependent ($p = 0.00$) and independent t-tests ($p = 0.00$).

Conclusion: Mindfulness intervention significantly improved the quality of life in CKD patients undergoing hemodialysis, highlighting the need for healthcare professionals to integrate mindfulness practices into patient care.

Keywords: Chronic Kidney Disease, Hemodialysis, Mindfulness, Quality of Life

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Received: 10/01/2025 Accepted: 28/01/2025

DOI: <https://doi.org/10.53555/AJBR.v28i2S.6433>

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Introduction

Renal disease is a non-communicable disease (NCD) which recently recognized as a serious public health issue throughout worldwide characterized by high prevalence, mortality rate and health expenditures. Accordingly, Elshahat et al. [1] has declared that

Chronic Renal Failure (CRF) is a significant health issues impact approximately 10% of the global population, posing a significant challenge to worldwide well-being. Accordingly [2], has reported that the global prevalence of CKD was alarmingly high, affecting approximately 850 million people worldwide

across all age groups and demographics. The disease responsible to the 1.43 million worldwide population death with mortality rate 18.35 per 100,000 global population. In 2024, global health expenditures on CKD and dialysis are projected to exceed \$100 billion annually [3].

Asia contributes a significant portion to the global prevalence of CKD in which approximately 51% of the global CKD population or projected 434.3 million affected people are from Asian countries with prevalence ranging from 4.7% to 17.4% across different countries [4]. CKD was identified as a significant public health concern in Southeast Asia, with the region experiencing a growing prevalence due to factors like diabetes and hypertension. In 2024, CKD in Southeast Asia continues to pose a burden, specifically in the countries with low and middle-income where healthcare access can be limited. Studies estimate that between 11.3% and 13.4% of the Southeast Asian population has CKD, with stages 3–5 being of particular concern due to their severity [5]. Countries like Thailand, Malaysia, and Indonesia report increasing CKD cases, primarily driven by rising rates of diabetes and hypertension, which are major risk factors in this region [6].

Indonesia is one of developing country in Shout East Asia where the prevalence of CKD in the country indicates a growing concern for this health issue [7]. [8] has reported that Chronic Renal Disease in this country has a prevalence of 0.38%, affecting 3.8 individuals per 1,000 people and about 60% of people with renal failure receives dialysis therapy. In 2024, CKD remains a critical public health issue in Indonesia in which the incidence of the disease is on the rise, partly due to lifestyle factors. The projections indicate that CKD will continue to grow in importance as a health concern. [8] has projected that 12.6 million Indonesians population will be affected by CKD in this year. Recent estimates suggest that between 15% and 20% of CKD patients in the later stages require hemodialysis and 90% end stage renal failure patients demand to this dialysis therapy [9, 10]. In Indonesia, the CKD patients who requiring hemodialysis continues to rise significantly. While detailed statistics for 2024 are not readily available, data from previous years indicate a substantial increase in the demand for renal replacement therapy.

Chronic kidney disease (CKD) is a long-term condition marked by a gradual decline in kidney function, impairing the body's ability to remove waste and excess fluids effectively. It is diagnosed by persistent kidney damage, such as proteinuria, or a reduction in glomerular filtration rate (GFR) to less than 60 mL/min/1.73 m² for over three months. CKD can advance to end-stage renal disease (ESRD) if untreated, necessitating dialysis or a kidney transplant. CKD is often associated with other comorbidities like hypertension and diabetes, which can accelerate kidney damage if poorly managed [11,12]. A major diagnostic indicator of CRD is a glomerular filtration rate (GFR) of less than 60 mL/min/1.73 m² that lasts for more than three months. Another important marker is

albuminuria, where an albumin-to-creatinine ratio (ACR) exceeding 30 mg/g is deemed abnormal. Diagnostic evaluation also includes imaging tests, such as ultrasound, to assess kidney structure and rule out obstructions or abnormalities. Patients with risk factors like hypertension or diabetes should undergo regular screenings to detect CKD in its early stages [13,14].

Chronic kidney disease (CKD) is categorized into five stages, determined by glomerular filtration rate (GFR) and the level of kidney damage. In Stage 1, the GFR is normal or increased (≥ 90 mL/min), but kidney damage is present, while Stage 2 shows a mild decrease in GFR (60-89 mL/min). Stage 3 is split into 3a (GFR 45-59 mL/min) and 3b (GFR 30-44 mL/min), signifying moderate impairment, and Stage 4 indicates severe kidney dysfunction (GFR 15-29 mL/min). Finally, Stage 5 or end-stage renal disease occurs when GFR drops below 15 mL/min which often necessitating renal replacement therapy [15].

Renal replacement therapy (RRT) is designed to substitute the non-endocrine functions of the kidneys in patients with renal failure and is sometimes used in cases of poisoning, with methods including continuous hemofiltration, hemodialysis, intermittent hemodialysis, and peritoneal dialysis [16]. According [17], 98% of patients with renal failure received hemodialysis, while 2% were treated with peritoneal dialysis (PD).

Hemodialysis remains a critical treatment for individuals with stage 4 and stage 5 of CKD patient in Indonesia, where access to kidney transplants is limited. The primary objective of hemodialysis is to replace the filtering functions of the kidneys when it's no more effective in removing waste metabolism products, retention of fluids, and toxins from the blood using a dialysis machine, and it typically requires regular sessions about two times per week. The symptoms and complications of CKD, along with the long-term demands of hemodialysis therapy, have a significant negative impact on caregivers, including loss of personal freedom, increased dependency, and disruption of family and social life. These challenges, which encompass physical, psychological, socioeconomic, and environmental factors, contribute to a decline in both the caregivers' well-being and the patient's quality of life [18].

Quality of life (QoL) is considered a crucial measure in the management of chronic conditions like CKD. It can be defined as a person's view of their place in life in respect to their objectives, standards, expectations, and worries as well as the culture and value systems where they live. A wide range of aspects of life are included in quality of life (QoL), such as one's physical and mental well-being, degree of independence, social relationships, personal beliefs, and interactions with the environment [19]. QoL is a subjective measure that different from an individual to others, and it can be used to evaluate overall aspects of life of individuals, especially those with chronic conditions such as CKD, where treatment impacts not only physical health but emotional and social dimensions as well [20].

Hemodialysis was associated with both improvements and declines in various aspects of life. A study has shown that patients who under hemodialysis therapy often report lower QoL than general population, especially in areas pertaining to mental and physical functioning [21].

Various interventions have been implemented to improve QoL for CKD patients who undergoing hemodialysis. Zadeh et al. [22] conduct study to improve QoL by using dietary interventions such as managing fluid intake and reducing salt, potassium, and phosphorus levels to minimize complication and improve QoL among CKD patients. Heiwe & Jacobson [23] have intervened hemodialysis patients by using regular physical exercise to improve their QoL. Purnell et al. [21] found that psychological interventions effective to reduce anxiety and depression symptoms and improve mental health among patient with hemodialysis. Wang et al. [24] have used telemedicine and mobile health apps to enhanced satisfaction and QoL among hemodialysis patients. Finally, Tsertsvadze et al. [25] have integrated mind-body therapies like yoga, meditation, and relaxation techniques to improve emotional well-being, reduce stress, and promote a better sense of overall health. However, effectiveness of mindfulness intervention in this study will make sense with difference unique advantages to improve

QoL for chronic disease patients who undergoing hemodialysis.

Mindfulness is the practice of maintaining a moment-by-moment awareness of thoughts, feelings, bodily sensations, and the surrounding environment, often through meditation or focused exercises [26]. It emphasizes non-judgmental observation, allowing individuals to observe their experiences without becoming overwhelmed or overly reactive [27]. Mindfulness is recommended as an effective approach to improve the quality of life for chronic kidney disease (CKD) patients undergoing hemodialysis. Research has shown that mindfulness practices help reduce stress, anxiety, and depressive symptoms commonly experienced by CKD patients, thus promoting emotional resilience and psychological well-being [28]. Furthermore, mindfulness can enhance patients' ability to cope with the physical challenges of hemodialysis, such as fatigue and discomfort, leading to better overall mental and physical health [29]. Therefore, incorporating mindfulness into the care plan of CKD patients on hemodialysis may offer significant benefits for their quality of life.

Result

The result of this research divided into the univariate data analysis, and bivariate data analysis as follows:

Table 1. Distribution of the respondents by age, sex, marital status, education and occupation

Characteristic Data	Intervention		Control	
	n	%	n	%
Age				
26-35	2	6.7	4	13.3
36-45	3	10	8	26.7
46-55	7	23.3	5	16.7
56-65	14	46.7	11	36.7
>65	4	13.3	2	6.7
Total	30	100	30	100
Gender				
Male	17	56.7	17	56.7
Female	13	43.3	13	43.3
Total	30	100	30	100
Marital Status				
Married	30	100	27	90
Unmarried	0	0	3	10
Total	30	100	30	100
Education				
Elementary	2	6.7	1	3.3
Junior high school	2	6.7	2	6.7
Senior high school	17	56.7	19	63.3
Diploma/Bachelor	9	30	8	26.7
Total	30	100	30	100
Occupation				
Not occupaid	12	40	14	46.7
Government worker	8	26.7	2	6.7
Private	10	33.3	14	46.7
Total	30	100	30	100

Accordingly, to table 1 mostly the ages of the respondents between 56-65 years, the intervention group 46.7% and 36.7% for control group. The

respondents are mostly male (56.7%) in intervention group and control group. Marital status of the intervention group all of them married (100%), and

almost were married in the control group (90%). The education level of the respondents showed that more than half of them were senior high school, intervention

group (56.7%) and control group (63.3%). The respondents in all groups almost not occupaid, the intervention group (40%) and control group (46.7%).

Table 2 Difference QoL in before and after intervention

Intervention group

Variable	Before Intervention		After Intervention		P value
	Mean	SD	Mean	SD	
Quality of Life (QoL)	83.4	7.523	91.73	5.895	0.000

Analysis within group before and after intervention in intervention group on the table above shown that mean score of QoL after intervention is 91.73 which higher than before intervention 83.4. The table above shownthat p value for comparative analysis before and after intervention is $0.00 < 0.05$ which indicate that

there is significant difference QoL among CKD-HD patient before and after intervention. Based on the statistical finding above can be interpreted that mindfulness intervention produce better QoL among chronic renal disease patients who undergoing hemodialysis.

Table 3 Difference QoL in Intervention Group and Control Group

After Intervention

Variable	Intervention Group		Control Group		P Value
	Mean	SD	Mean	SD	
Quality of Life (QoL)	84.45	10.248	77.17	8.317	0.000

Table above shown that mean score of QoL among CKD-HD patient in intervention group after implementation of mindfulness is 84.45 which higher than 77.17 in control group. The comparative analysis between group above shown that p value is $0.000 < (\alpha=0.05)$ which indicate that there is a significant difference QoL among CKD-HD patients in intervention group and control group. Based on this statistical finding can be interpreted that mindfulness intervention significantly improve QoL among chronic kidney disease patients who undergoing hemodialysis.

relationship between age and CKD progression, as age increase significant escalate in the risk of CKD progression which means that older individuals experiencing a more rapid decline in kidney function compared to younger individuals. In addition, it may also be caused by late diagnosis as many people doesnot aware to the kidney problems until the decline of renal function has already progressed [35]. In advance Nicolucci et al. [36] also found in their studies that age was a significant factor influencing QoL among CKD-HD patients, with older patients often reporting lower QoL scores due to increased comorbidities and functional limitations. Recent studies emphasize the importance of addressing age-related challenges in the management of CKD-HD to improve patient outcomes and QoL [24].

Discussion

Several studies have shown that social demographic factors such as age, gender, ethnicity, economic status, marital status, and employment status are related to a person's quality of life [30]. The research results showed that the majority of participant in this study were male. This is in line with research conducted by [31] which states that gender has a statistically significant relationship with the incidence of CKD, where men are more likely to suffer from CKD than women. Men may be at increased risk of reaching kidney failure earlier than women because of differences in hormone levels. Higher testosterone levels in men may cause a deteriorate in kidney function [32]. Apart from that, men's lifestyle and behavior make them more likely to be at risk of developing CKD, such as smoking, alcohol consumption and unhealthy eating patterns.

The research results show that before carrying out the mindfulness meditation intervention, average the respondent's QoL is 83.4. However after meditation intervention mindfulness, QoL the patient experienced improvement with the average being 91.73. Dependent T-test for intervention group shown that there is a significant difference QoL among CKD-HD patients with p-value $0.000 < \alpha = 0.05$. This finding synergically align with a meta-analysis [37] that mindfulness meditation has associated to quality of life (QoL) in chronic kidney disease patients on hemodialysis (CKD-HD), with one study showing a p-value of 0.000, indicating a statistically significant improvement in QoL after the intervention. The intervention, which involved structured mindfulness sessions, was associated with reduced stress, anxiety, and depression, all of which are common in CKD-HD patients and contribute to a diminished QoL. Furthermore, mindfulness practices have been shown to enhance emotional well-being and physical functioning, contributing to better overall patient

This study shownthat CKD-HD patients' majority is unemployed participant. This research was in line with previous study done [7]. Accordingly, Gonçalves et al. [33] & Smith et al. [34] have stated that the prevalence of CKD among middle-aged adultsexactly 45 to 65 years old is higher compared to younger age group people. Previous study also shown that there is a

outcomes [38]. These findings suggest that mindfulness meditation can be a valuable complementary therapy in improving QoL for CKD-HD patients, particularly those struggling with the psychological and physical burdens of the disease [39].

This study also found that there are significant difference QoL among CKD-HD patients in intervention group and control group in which the patient in intervention group has better QoL compared than control group. Accordingly, Razzera et al. [40] in their randomized control trial study also has shown the benefits of Mindfulness based intervention in improving quality of life among hemodialysis patients. On the other hand [41], in their literature review found that implementation of mindfulness can improve the quality of life of hemodialysis patients. Mindfulness training can facilitate emotional regulation and is considered a fundamental influencing factor in achieving positive mental health and well-being. Then mindfulness can help patients restore and maintain the integrity of the body-mind and spirit which can provide internal energy and strength so that healing potential can be realized, so stress management being associated with improvement of quality of life. Research also conducted by Alhawattmeh et al. [42] also shown that mindfulness meditation provides positive benefits for hemodialysis patients, indicating that this intervention is effective in helping patients stress management and improving emotional regulation, where patients become better able to manage and respond to emotions constructively.

Conclusion

The CKD-HD patients before Mindfulness intervention have low score of QoL and similarly patients in the control group. QoL among CKD-HD in the intervention group significantly increase after implementation of the medication mindfulness. In the same time, QoL among CKD-HD patients in the control group remain low score. This study proved that after implementation of the mindfulness intervention QoL among CKD-HD patient in intervention group is better than control group. Based on the findings, can be concluded that meditation mindfulness was significantly effective to improve QoL among CKD patients who underwent hemodialysis.

Acknowledgement

We extend our heartfelt gratitude to all the CKD-HD patients at General Hospital Arifin Achmad Pekanbaru who generously participated in this study, contributing their time and effort to support the mindfulness intervention. Your resilience and cooperation have been invaluable in advancing this initiative. We also sincerely thank the dedicated nurses and the multidisciplinary team whose unwavering commitment, expertise, and support have been instrumental in implementing and facilitating this research.

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