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ORIGINAL ARTICLE

Impact of Anemia on The Quality of Life of Chronic Kidney Disease Patients: A Single Institution Experience

Impact de l'anémie sur la qualité de vie des patients atteints de maladie rénale chronique: une expérience dans une seule institution

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ABSTRACT

BACKGROUND: Anemia is a common complication of chronic kidney disease (CKD) and has been shown to worsen as CKD advances. CKD negatively impacts patients' health-related quality of life. It is therefore necessary to determine the impact of anemia on the quality of life in patients with CKD.

OBJECTIVES: We assessed the relationship between the severity of anemia and its impact on the quality of life of anemic CKD patients attending nephrology clinics.

METHODOLOGY: A cross-sectional study of one hundred and sixty-three subjects which included 102 CKD patients with anemia and sixty-one CKD subjects without anemia, was done between April 2016 and January 2017. Karnofsky's structured questionnaire was used for the quality of life, while the packed cell volume was used to determine the severity of anemia.

RESULTS: The prevalence of anemia among CKD subjects was 102(62.6%), and it significantly worsens as CKD advances, which ranged from 42.3% in stage 3 to 93% in stage 5 ($p < 0.001$). The mean physical performance score was significantly lower among anemic CKD subjects than among controls, which was 73.17 ± 12.95 and 84.59 ± 11.04 respectively ($P < 0.001$). Furthermore, the mean physical performance score decreases significantly with the advancing CKD among both study groups.

CONCLUSION: This study showed that CKD patients with anemia had significant impairment in their physical ability than CKD patients without anemia. **WAJM 2023; 40(11): 1253-1261**

Keywords: CKD, Anemia, Quality of life (QoL), Hemoglobin (Hb)

RÉSUMÉ

CONTEXTE: L'anémie est une complication fréquente de la maladie rénale chronique (MRC) et a tendance à s'aggraver à mesure que la MRC progresse. La MRC a un impact négatif sur la qualité de vie liée à la santé des patients. Il est donc nécessaire de déterminer l'impact de l'anémie sur la qualité de vie des patients atteints de MRC.

OBJECTIFS: Nous avons évalué la relation entre la gravité de l'anémie et son impact sur la qualité de vie des patients atteints de MRC anémiques fréquentant les cliniques de néphrologie.

MÉTHODOLOGIE: Une étude transversale portant sur cent soixante-trois sujets, dont 102 patients atteints de MRC avec anémie et soixante et un sujets atteints de MRC sans anémie, a été réalisée entre avril 2016 et janvier 2017. Le questionnaire structuré de Karnofsky a été utilisé pour évaluer la qualité de vie, tandis que le volume globulaire a été utilisé pour déterminer la gravité de l'anémie.

RÉSULTATS: La prévalence de l'anémie chez les sujets atteints de MRC était de 102 (62,6 %), et elle s'aggrave significativement à mesure que la MRC progresse, passant de 42,3 % au stade 3 à 93 % au stade 5 ($p < 0,001$). Le score moyen de performance physique était significativement plus bas chez les sujets atteints de MRC anémiques que chez les témoins, soit $73,17 \pm 12,95$ et $84,59 \pm 11,04$ respectivement ($p < 0,001$). De plus, le score moyen de performance physique diminue significativement avec la progression de la MRC dans les deux groupes d'étude.

CONCLUSION: Cette étude a montré que les patients atteints de MRC avec anémie présentaient une altération significative de leur capacité physique par rapport aux patients atteints de MRC sans anémie.

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Mots-clés: MRC, Anémie, Qualité de vie (QdV), Hémoglobine (Hb)

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