



**A STUDY TO ASSESS THE STRESSORS AND COPING STRATEGIES AMONG
PATIENTS UNDERGOING HAEMODIALYSIS ADMITTED IN SELECTED
HOSPITALS OF GUJARAT STATE WITH A VIEW TO DEVELOP INFORMATIONAL
BOOKLET**

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Abstract:

The study aimed to assess the stressors and coping strategies among patients undergoing haemodialysis and to develop an informational booklet as a supportive educational tool. A descriptive survey design was adopted, and 100 patients were selected through convenience sampling. Data were collected using a structured interview questionnaire for stressors and a Likert scale to assess coping strategies. Results indicated high prevalence of physiological, psychological, and social stressors among haemodialysis patients. strategies such as emotional sharing, social and spiritual support, and acceptance were underutilized. The study concludes the need for targeted educational interventions to enhance coping and patient well-being.

Keywords:

Haemodialysis, Stressors, Coping Strategies, Informational Booklet, Chronic Kidney Disease, Patient Education

Introduction:

Chronic Kidney Disease (CKD) is a progressive condition that often leads to end-stage renal disease, necessitating renal replacement therapy such as haemodialysis. While haemodialysis sustains life, it also introduces a host of physical, psychological, and social challenges that can negatively impact quality of life. Patients often experience fatigue, dietary restrictions, dependency, body image disturbances, and altered family and social roles.

Stress management and coping are crucial in adapting to the long-term regimen of haemodialysis. However, many patients lack awareness or access to structured support mechanisms.

This study was conducted to assess the nature and extent of stressors faced by patients undergoing haemodialysis and the coping strategies they adopt, with the ultimate aim of preparing an informational booklet to guide patients.

Materials and Methods

This study utilized a descriptive survey research design to explore the stressors and coping strategies among patients undergoing haemodialysis. The study was conducted in selected hospitals across Gujarat state. The target population consisted of patients undergoing haemodialysis at least twice a week for more than three months.

A sample of 100 patients was selected through convenience sampling. Inclusion criteria included adult patients aged 18 years and above, undergoing haemodialysis regularly, and willing to participate. Exclusion criteria included critically ill patients or those with cognitive impairments.

Data collection tools included: (1) a structured interview questionnaire developed to assess physiological, psychological, and social stressors; and (2) a Likert scale to assess coping strategies, including emotional sharing, social and spiritual support, negative cognition, acceptance, avoidance, and problem solving.

Content validity of the tools was established through expert review. A pilot study was conducted to ensure feasibility. Ethical approval was obtained from the institutional ethics committee, and informed consent was secured from each participant. Data were analyzed using descriptive statistics including frequency and percentage.

Results

Table 1: Distribution of Physiological Stressors (N = 100)

Physiological Stressor	Percentage (%)
Dryness of mouth/thirst	84
Frequent haemodialysis sessions	72
Body pain	70
Pain at access site	78
Fluid restriction frustration	64
Exhaustion after haemodialysis	64
Muscle cramps	20
Sweating	17
Dizziness	17
Difficulty in breathing	35

Table 2: Psychological Stressors Reported (N = 100)

Psychological Stressor	Percentage (%)
Altered concentration	70
Anxiety	50
Feeling dependent	84
Depression	74
Irritability	66
Sadness	74

Table 3: Coping Strategies Adopted (N = 100)

Coping Strategy	Percentage Not Using (%)
Sharing emotions	34
Social/spiritual support	38.86
Negative cognition (often used)	16.14
Problem solving	14.25
Avoidance	62.75
Acceptance	28.4

Discussion

The findings from this study highlight that patients undergoing haemodialysis face a high burden of physiological, psychological, and social stressors. Common physical symptoms such as dryness of mouth, fatigue, and pain at access sites severely affect day-to-day life. Furthermore, the frequent need for haemodialysis sessions imposes additional physical and emotional strain.

Psychologically, patients exhibit feelings of dependency, sadness, anxiety, and depression. The emotional and mental toll of long-term treatment, dietary restrictions, and the unpredictability of health conditions create a significant psychological impact. The social consequences, such as inability to fulfill familial responsibilities and relationship strain, further add to their stress.

Alarmingly, the study shows that many patients are not employing effective coping strategies. Emotional sharing, spiritual support, and active problem solving are underutilized, while negative cognition and avoidance are more common. This is consistent with prior studies suggesting inadequate patient education and emotional support mechanisms in clinical settings.

Conclusion

This study concludes that patients undergoing haemodialysis experience a wide range of stressors across physical, emotional, and social dimensions. Despite these challenges, positive coping



strategies are significantly underused. The development of a well-structured informational booklet can act as an essential educational and emotional support tool, empowering patients to better manage their condition.

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