



The RPSG

The Renal Patient Support Group

Wellness & Wellbeing



Wellbeing

- The incidence of CKD can lead to individual's dependence on others, low self-esteem, and feelings of loneliness, and it can affect the socio-mental aspect of individual's quality of life.
- Wellbeing is something greater than not being sick. It is defined as having logic, independence, and self-confidence.



Wellbeing & RRT

- Transplantation and RRT are life-saving treatments, but they are also demanding and have an impact on everyday life of ESRD patients, negatively affecting emotional and psychosocial wellbeing.
- Transplant patients experience many stresses, such as time on RRT, loss of sexual function, altered body image and decreased physical and cognitive functions.
- More than a third of RRT patients experienced emotional difficulties during the transition to RRT.



Taylor, F., Combes, G., Hare, J. (2016). Improving clinical skills to support the emotional and psychosocial well-being of patients with end-stage renal disease: a qualitative evaluation of two interventions, *Clinical Kidney Journal*, 9(3), 516-524.

Wellbeing and RRT

- One of the effective factors surrounding wellbeing, is stress.
- RRT can have negative effects on general health and wellbeing of the patients.
- RRT can have also negative influence on physical performance, mental status, and social relationships.
- RRT complications are not limited to physical and mental aspects, but also economical.



Wellbeing & RRT

- Health professionals should seek to address emotional issues during consultations, talking about emotional concerns appears to improve patients' wellbeing.
- Untreated psychosocial problems are associated with withdrawal from RRT, poor medication and diet compliance and reduced ability to engage in pre-renal replacement therapy education and treatment choice.



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Quality of Life

- The quality of life of patients requiring RRT is affected significantly, it is associated with changes in their daily habits and in their lifestyle.
- At the same time, physical health, functional status, personal relationships and social and economic status are greatly affected.



Physical Wellness

- Physical aspect of wellness which includes having a flexible, energetic, and strong body with a healthy heart.
- Feeling well emotionally includes life satisfaction and positive effects on life.



Stressors and RRT

- Undergoing routine RRT protocols
- Increase in psychosocial and socio-economic challenges
- Financial Disadvantages
- Social and Marital relationships
- Routine hospital admission
- Challenge to take vacations
- Restriction of leisure time
- Fear of disability or death
- Increased dependence on artificial kidney machine
- Limitation of liquids and foods
- Physical or mental fatigue



- Stavroula, K.G., Fotoula, P.B. (2014). Psychosocial Aspects in Chronic Renal Failure, Health Science Journal, 8(2), 205-2014.

Self-Esteem

- Patients with CKD have difficulties in participating in sports and social activities. This has a negative effect on feeling of autonomy and self-esteem.
- Self-esteem and autonomy are basic of human psychological needs contributing to daily wellbeing and psychological wellbeing.



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