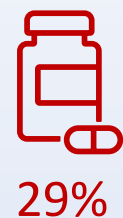


Psychological impact of chronic disease in patients on haemodialysis

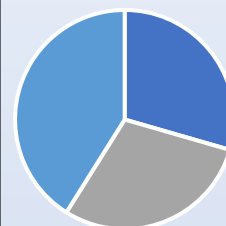
J. Campbell, A. Alagappan, K. Murugan
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Patients with chronic health issues are known to suffer from increased rates of depression and anxiety compared to the general population (1). Up to **1 in 3 patients** with chronic kidney disease **will experience depression** (2). This is associated with poor treatment and patient outcomes and greater expenditure of resources, particularly in state funded healthcare systems.



Have missed or thought about **not taking medication**

29%

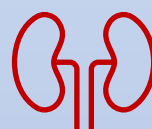


A third of patients have missed/thought about missing dialysis/medication due to **mood**

Direct Costs	Indirect Costs
<ul style="list-style-type: none"> - Unused dialysis sessions - Emergency admissions 	<ul style="list-style-type: none"> - Reduced patient quality of life - Poorer associated health outcomes i.e. ischaemic heart disease, cerebrovascular disease

We measured a modified Hospital Anxiety and Depression Scale (HADS) in a cohort of 51 patients receiving haemodialysis at a district hospital dialysis unit. Average anxiety score was 8.6 (mild) and average depression score was 9.6 (mild). A third of patients have missed or thought about missing dialysis/medication due to their mood.

When exploring direct costs, estimated costs of a missed dialysis session, emergency department assessment and subsequent unscheduled care stay cost £2,940 per event.



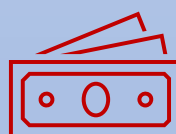
Haemodialysis: **£154** per session (3)



Ambulance: **£292**
A&E Assessment: **£359** (4)



Unscheduled care stay for VHK: **£2135** (5)



£2,940



Interventions that could help improve mental health include signposting access to psychological support services such as third sector organisations, psychotherapy sessions as part of an outpatient dialysis schedule and antidepressant/anxiolytic medication.

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(1) Turner J, Kelly B. Emotional dimensions of chronic disease. West J Med. 2000 Feb;172(2):124-8. doi: 10.1136/ewjm.172.2.124. PMID: 10693376; PMCID: PMC1070773.

(2) Kidney Care UK [https://www.kidneycareuk.org/news-and-campaigns/facts-and-stats/]

(3) NHS England 2009-10 [https://www.england.nhs.uk/improvement-hub/wp-content/uploads/sites/44/2017/11/Chronic-Kidney-Disease-in-England-The-Human-and-Financial-Cost.pdf]

(4) Kings Fund 2019-20 [https://www.kingsfund.org.uk/audio-video/key-facts-figures-nhs]

(5) Public Health Scotland Data 2018-19 [https://www.isdscotland.org/Health-topics/Finance/Costs/Detailed-tables]