

ABSTRACT

Introduction: Haemodialysis is the main treatment modality available for End Stage Renal Disease patients in Sri Lanka. Healthcare utilization is defined as the measure of the population's use of the health care services available to them. To improve the services provided it is important to study the utilization of haemodialysis.

Objective: The purpose of the study was to describe the utilization of haemodialysis services by End Stage Renal Disease patients in selected hospitals in Eastern province.

Methods: A descriptive cross-sectional study was conducted in 2018 at haemodialysis units of tertiary care hospitals in Eastern province; District General Hospital Trincomalee, Teaching Hospital Batticaloa, District General Hospital Ampara. All End Stage Renal disease patients who were more than 18 years and on regular haemodialysis at these selected three hospitals were included (n=146). Interviewer administrated questionnaire was used to collect data from haemodialysis patients and analysed using SPSS software. Grade medical officers and Nursing officers attached to the haemodialysis units of selected three hospitals were also included in the study. Focus group discussion was conducted with the guide. A check list was used to collect data regarding the facility.

Results: The Response rate was 82.5%. The Majority (51.4%) were between 41 -60 years of age and 67.1% of the respondents were males. Among the participants 37.7% of them were Moors and Islamic religion. The majority (89.7%) of the respondents were not employed at the time the study was conducted and 50.7% family income was less than 10000 Sri Lankan rupees. DGH Ampara did not have a consultant nephrologist and only two sessions of haemodialysis were done here compared to other two where three

sessions were conducted. Also, area of dialysis units were below the recommended level of international health facility guidelines. Almost all the emergency equipments were available at all three haemodialysis units. Majority of the respondents (58.3%) perceived treatment controlled worsening of their illness. Also, 85.6% perceived haemodialysis controlled symptoms of the disease. Moreover, 95.9% of the respondents perceived it was highly/very important to follow dialysis schedule and 87.7% reported it was convenient to follow dialysis schedule. Almost all the respondents (99.3%) had mentioned that nurses had given good. There were statistically significant association between Haemodialysis attendance and awareness of treatment options ($p=0.009$), Distance from home to dialysis unit ($p=0.033$), travelling time to / from dialysis unit ($p=0.019$), Expenditure for each dialysis ($p<0.01$) and receiving Chronic kidney disease assistance ($p=0.007$). Interestingly all the participants liked overall services provided at the dialysis units.

Conclusion and recommendations: Majority of the respondents perceived haemodialysis in a positive way. They were happy about the services in the unit and about the staff attitude. Anyhow there were respondents who had missed dialysis during last three months duration. Factors significantly associated with haemodialysis attendance were awareness of treatment options, Distance from home to dialysis unit, travelling time to / from dialysis unit, Expenditure for each dialysis and receiving Chronic kidney disease assistance. It is a recommended to introduce an easy system for low income patients to get government assistance and start health education programme for vulnerable groups on Chronic kidney disease and treatment options at hospital and community level.

Key words: Haemodialysis, Utilization, Perception, factors affecting