

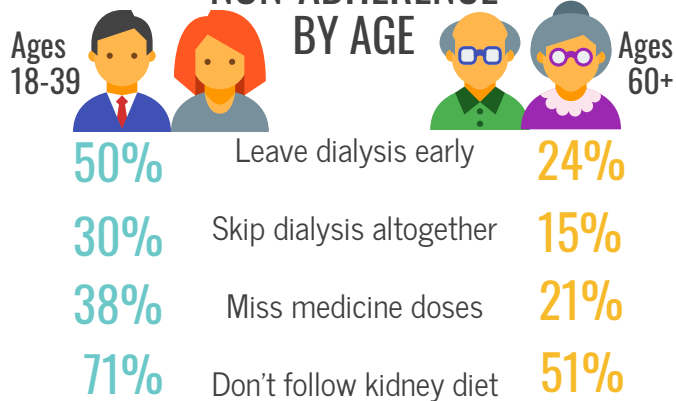
# UNDERSTANDING BARRIERS TO DIALYSIS ADHERENCE

Living with kidney failure is challenging. A survey of 1,200 dialysis patients and 400 renal professionals reveals the common challenges patients face in adhering to, or following, their treatment recommendations.

**KIDNEY FAILURE** requires strict adherence to treatment protocols for the best health outcomes. Among the challenges dialysis patients face in consistently following their treatments are:

- Attending frequent dialysis sessions
- Sticking to the strict food/fluid diet
- Taking several medicines
- Poor communication with medical team
- Lack of support from non-medical caregivers

## NON-ADHERENCE BY AGE



## DEPRESSED PATIENTS FOLLOW TREATMENTS LESS OFTEN

- 28% skipped a dialysis session (Non-depressed patients: 14%)
- 30% skipped medication (Non-depressed patients: 18%)
- 60% did not follow fluid intake recommendations (Non-depressed patients: 45%)
- 18% felt uncomfortable talking to health care team (Non-depressed patients: 9%)
- 49% never exercise (Non-depressed patients: 39%)



## TOP REASONS FOR NOT FOLLOWING RECOMMENDATIONS

### DIALYSIS

- Didn't feel well
- Felt overwhelmed
- Didn't have transportation to and from appointment
- Had another doctor's appointment
- Felt bored or restless
- No noticeable difference in health
- Lonely during sessions
- Waited too long at appointment



### FOOD

- Felt like taking a break from strict diet recommendations
- Too hard to follow strict diet when eating out
- Don't like recommended foods
- Recommended foods too expensive
- Didn't have time/don't like to cook
- Family/friends don't like recommended foods
- Unsure of what to cook/eat



### ACTIVITY AND FITNESS

- Too tired to exercise
- Didn't feel like exercising
- Too sick to exercise
- Felt down or blue
- Too busy to exercise
- Didn't exercise per doctor's orders



### MEDICINES

- Forgot to take medicine
- Left phosphorus binders at home when eating out
- Medicine too expensive
- Felt worse/not better from taking medicine
- Hard to keep track of medicines
- Don't like taking medicines around other people



### FLUID

- Too thirsty
- Mouth felt dry
- Too hard to keep track of fluid intake
- Forgot some foods count as fluids
- Drank certain drinks for good taste
- Felt like taking a break from strict fluid intake recommendations
- Forgot/unsure of the amount of fluids to eat/drink daily



### OTHER

- Medical team didn't have enough time and/or resources for patients
- Language barriers between patients and medical team
- Vision and/or hearing impairments made it hard to understand directions
- Lack of support from non-medical caregivers, such as family and friends
- Medical team didn't clearly communicate the importance of treatments, such as exercise

