

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.**

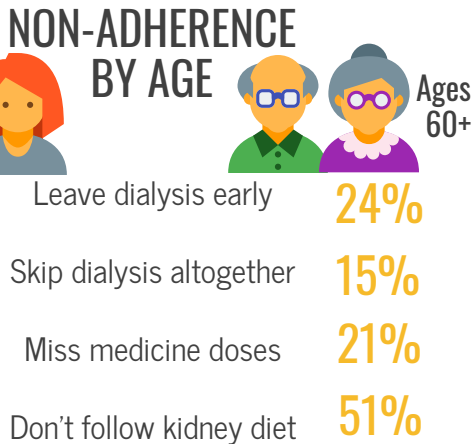
KIDNEY FAILURE requires strict adherence to treatment protocols for the best health outcomes. Among the challenges dialysis patients face in consistently following their treatments are:

- **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**

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

