

Abstracts - e-Poster Presentation (Mini-Free Communications)

Thursday, May 11th, 2023 from 16:30-18:00 ADT

Friday, May 12th, 2023 from 15:30-16:30 ADT

P-061

THE IMPACT OF A DIALYSIS TRANSITION UNIT ON ANXIETY AND DEPRESSION: A QUALITY IMPROVEMENT INITIATIVE

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Background: Dialysis initiation is a stressful time for people living with kidney failure. As a quality improvement initiative, we created a dialysis transition unit (DTU) in Calgary, Alberta to provide person-focused dialysis care.

Objectives: To compare patient-reported outcome measures for anxiety (GAD-7) and depression (PHQ-9) between the DTU and a traditional facility-based HD unit (HDU).

Methods: Between June 2021 and June 2022 GAD-7 and PHQ-9 scores were captured prospectively on consenting patients starting hemodialysis on the DTU and the HDU at dialysis initiation and two weeks later. Our primary outcome of interest was between groups difference in GAD-7 score from baseline to 2 weeks after dialysis initiation. Secondary outcomes included the between groups difference in PHQ-9, and the proportion of patients on home dialysis at 3- and 6-months post dialysis initiation.

Results: A total of 26 DTU and 26 HDU participants completed data collection (mean age = 62.6 ± 17.7 years; 42.3% females). Each group had significant improvement in GAD-7 and PHQ-9 scores at 2 weeks but there were no significant differences for GAD-7 and PHQ-9 scores between the groups (table 1). Although no patients received home dialysis by 3 months, at 6 months, 15.4% of DTU patients received home dialysis, compared with 7.5% of patients from the HDU.

Conclusions: Patients have a high degree of anxiety and depressive symptoms at HD initiation, which improve with time. There was no difference in depression or anxiety symptoms between DTU and HDU. Further studies need to characterize the support needs for people initiating dialysis.