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What factors related to Severe Sleep Disorders Among the End Stage Renal Disease Patients? A study done at Al-Yarmook Dialysis Centre, Baghdad, Iraq

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Abstract

Background: End stage renal disease (ESRD) could affect many aspects of patient's life including sleep quality. Severe sleep disorders if not detected and managed properly, may in turn exacerbate the patient's condition and increase the mortality rate.

Objective: To detect sleep disorders rate and assess its severity among ESRD patients as well as the factors related.

Method: A cross-sectional study was conducted in renal dialysis unit at Al-Yarmook Teaching Hospital, in Baghdad, A sample of 150 ESRD patients with undergoing hemodialysis (HD) was collected during a period of five months. Each participant was subjected to Face to face interview, using a reliable and validated questionnaire. This questionnaire containing a nine-item –specific for sleep disorder scale, and eight items that reflect the presence and severity of a sleep disorder using the 2 4-score Epworth sleepiness scale (ESS). Beside that the socio demographic information was included.

Results: The prevalence of sleep disorder was 78.66%. About 30% had moderate to severe sleep disorder, 46% had mild sleep disorders while 24% of patients were normal. Three factors were found to be significantly increasing the risk of sleep disorders. Those were: old age ≥ 50 years (OR = 2.24 95% CI 1.04- 4.82), single marital status (OR= 2.81, 95% CI 1.08-7.31), and presence of comorbidity, represented by type 2 diabetes mellitus (DM) (OR= 4.04, 95% CI 1.06-15.35) or both DM, and hypertension (OR = 3.23, 95% CI 1.15-9.09).

Conclusion: Sleep disorders are very common among patients with ESRD undergoing HD. Old ages (≥ 50 years) single patients, and the presence of chronic comorbidity, especially DM, are independent risk factors for developing sleep disorders among HD patients.

Keywords: End stage renal disease, Risk factors, Sleep disorders

Biography

Prof. Waqar Al-Kubaisy, Ph.D., MPH, DPH, MB ChB. is a Full Professor and Academic Tenure of public Health in the faculty of Medicine at the Mutah university, Jordan. She was graduated as well as she has got her MPH. and DPH. degrees from Faculty of Medicine at Baghdad University in Baghdad Iraq. In 1998 she received her Ph.D. degree in epidemiology at Al-Nahrain University, Baghdad, Iraq. Her Ph.D. study focused on genotypes of Hepatitis C virus She has a history of more than 30years of teaching for medical students and other various disciplines at different universities in different countries such as Iraq, Syria, Jordan Malaysia as a lecturer and researcher. She has been awarded more than ten reputed international awards, prizes, scholarships and honors.

She has authored more than ten books and book chapters in different fields of Medicine. Also, she possesses more than 140 published articles in Science Citation Index (SCI)/International Scientific Index (ISI) Journals. She has multiple editorial and reviewer duties in many reputed international journals. She is a member of more than thirty national, regional, and international scientific, social organizations around the world. Her research interests are maternal health, adolescent health, epidemiology of infectious and non-infectious diseases.