

Experience Of Patients Undergoing Treatment Routine Haemodialysis: A Phenomenological Study In The Haemodialysis Room

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Abstract. Kidney failure is a disease in which the function of the kidney organ decreases until it is unable to work at all in terms of filtering and removing body electrolytes, unable to maintain the balance of fluids and body chemicals, such as sodium, potassium in the blood or unable to produce urine (Widayanti, 2014). The phenomenon of kidney failure is described as an iceberg phenomenon. Only about 0.1% of cases are detected, while the undetected ones are about 11-16%. Statistical data from the Indonesian Nephrology Association (PERNEFRI, 2016) states that the number of total kidney failure patients in Indonesia reaches 70,000 people and only about 13,000 people who do dialysis or haemodialysis (Santoso in Septiwi, 2010). The purpose of this study was to determine the experiences of patients undergoing routine haemodialysis at Mardi Rahayu Kudus Hospital. This research is qualitative, because the researcher wants to understand the experience of patients undergoing haemodialysis from a natural subjective point of view of the patients themselves.

The results of the study obtained three main themes, namely anxiety when going to undergo haemodialysis for the first time, optimism about the disease and good family support. The conclusion of this study is that providing the right information will be very helpful psychologically to patients and families in preparation for undergoing haemodialysis.

Key words: Patients' experience, routine haemodialysis, aemodialysis room.

INTRODUCTION

The quality of life of patients with renal failure is strongly related to haemodialysis. However, haemodialysis is not a cure. Haemodialysis is performed only to maintain the patient's life and wellbeing until the kidney function restores, even if the patient has to undergo continuous haemodialysis on a regular basis. Haemodialysis is a long, expensive therapy that requires fluid restriction and diet. Patients will feel a loss of freedom due to various rules, and patients are very dependent on health care providers and families. It is also possible that patients often experience divisions within the family and in social life. Income will be further reduced or even lost, resulting in the patient feeling unproductive. Anxiety is common in patients who are about to start haemodialysis

In general, treatment in hospitals is focussed on restoring the physical condition without paying attention to the psychological condition of the patient. The limitations of doctors and nurses in exploring the psychological condition of patients make this seem less attention. Therefore, a simple method is needed to find out the psychological condition in a clinical setting that can later help doctors when dealing with patients. Therefore, from the preliminary description, the author is interested in conducting a phenomenological study research on the experience of patients undergoing routine haemodialysis.

The purpose of this study was to determine the experience of patients undergoing routine haemodialysis in the haemodialysis room of Mardi Rahayu Kudus Hospital. The benefits of this study are expected to provide an overview of the experience of patients undergoing haemodialysis. As well as providing additional knowledge for nurses in improving their ability to provide professional nursing care, especially for haemodialysis patients.

METHODS

This research uses qualitative methods. qualitative research methods are systematic research methods used to study or examine an object in a natural setting without any manipulation in it and without hypothesis testing, with natural methods when the expected research results are not generalisations based on quantity measure, but the meaning (*quality aspects*) of the observed phenomena (Prastowo, 2016).

The researcher several times received complaints from patients related to patients feeling tired quickly when doing work activities. This is the basis for researchers to be interested in researching more deeply about the experiences of patients undergoing haemodialysis. This phenomenological qualitative research will be able to provide further insight into the feelings of patients undergoing haemodialysis.

Regarding daily activities and how patients' tips in helping to meet family needs. This phenomenon cannot be described quantitatively because the experience of each patient undergoing haemodialysis is different.

In this study, the research instrument used is the researcher himself, because according to Nasution (cited in Prastowo, 2016) states that the researched is the main research tool. Meanwhile, activities become systematic and easier (Arikunto cited in Sujarweni, 2014). The data collection tools used by researchers are in the form of interview guideline formats, notebooks and pens and other supporting tools such as *mobile phones* as recording devices during interviews.

In this study, researchers used a sample of four respondents with different lengths of routine haemodialysis, gender, socio- economic status.

Tabel 1

Distribution of Participants' Characteristics

No	Code	Initial	Age	Address	Education	Jobs	Status
1	P1	P	50	Mlati Lor	Senior High School	Civil Sector	Married
2	P2	P	43	Gondang Manis	Senior High School	Private sector	Married
3	P3	Y	41	Jl. Bhakti	Senior High School	Private Sector	Married
4	P4	K	49	Gulang	Senior High School	House Wife	Married

RESULTS AND DISCUSSION

Based on the results of interviews conducted by researchers on patient undergoing haemodialysis in the haemodialysis room of a hospital, the researchers identified the description of the interview results in three main themes, namely anxiety when going through haemodialysis for the first time, optimism about the disease and good family support. Based on the results of the interviews, all participants felt anxious and afraid, worried when diagnosed with kidney failure and had to undergo haemodialysis.

The emergence of negative feelings was stated as a psychological change by all participants. Negative feelings that arise in the form of feelings of sadness, worry, upset, confusion, fear, a lot of thoughts and feelings of disbelief in what is being faced. Research in the journal show that the relationship between anxiety levels and coping strategies of chronic renal failure patients undergoing the haemodialysis process, explained that the majority of respondents were in severe anxiety. Therefore, health workers need to make promotive and preventive efforts against the occurrence of anxiety in patients undergoing haemodialysis.

Nurses who have concern in providing nursing care to patients in hospitals are nurses who have a caring attitude. This is supported by a theory put forward by Potter et al. (2009) that caring is the attention of nurses wholeheartedly towards patients. Caring, empathy, gentle communication and compassion of nurses towards patients will form a therapeutic nurse-client relationship.

All participants said that their families were very supportive in undergoing haemodialysis which must be done regularly. There was even a participant whose wife was willing to leave her job just to accompany him during the haemodialysis process. The role of primary caregiver carried out by the spouse can have a positive impact, including the spouse feeling more needed in helping the patient's daily activities, taking care of and maintaining the patient's diet, and accompanying the patient during therapy, feeling more useful by giving more meaning to their partner's life, strengthening their relationship with others, improving the quality of themselves spiritually, and also strengthening a more

intense commitment to the partner through caregiving activities given to the partner (Robert, 2006).

The results of this study are consistent with the results of research conducted by Blonder, et al. (2007) that spousal partners provide most of the informal support for chronic patients, and will have an impact on treatment success and reduce patient depression

Table 2. Theme Distribution.

Theme	Answer
Variety of feelings	- Anxious - Fear
Optimism towards the disease	- I want to recover - Keep the spirit up - Staying Active
Family Support	- Always there and available

CONCLUSION

Nurses in hospitals need to provide the right information that patients need regarding the haemodialysis process. Especially for patients who will undergo haemodialysis for the first time.

There is a need for more in- depth research on the experiences of patients undergoing haemodialysis over a longer period of time and with more diverse participant characteristics. This needs to be done so that the task as a nurse educator in the study, will better show the information and education needs required.

Providing information to the community about the experiences of patients undergoing routine haemodialysis in hospitals, so that the community is able to provide social support to patients and families who suffer from chronic kidney disease and must undergo routine haemodialysis.

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