Title:
The Diurnal Patterns of Fatigue in Patients on Hemodialysis: A Pilot Study

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Session Title:
Research Poster Session 1
Slot (superslotted):
RSC PST 1: Friday, 28 July 2017: 10:00 AM-10:45 AM
Slot (superslotted):
RSC PST 1: Friday, 28 July 2017: 12:00 PM-1:30 PM

Keywords:
feasibility study, hemodialysis and patterns of fatigue

References:


Abstract Summary:
Fatigue is a common symptom for patients on hemodialysis. This work describes the feasibility of measuring fatigue multiple times daily and the diurnal patterns of fatigue in these patients, which will help the development of tailored strategies to ameliorate fatigue and increase quality of life for patients on hemodialysis.

Learning Activity:

<table>
<thead>
<tr>
<th>LEARNING OBJECTIVES</th>
<th>EXPANDED CONTENT OUTLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>The learner will be able to describe the diurnal patterns of fatigue in patients on hemodialysis.</td>
<td>1.) verbal description of the pattern of fatigue on hemodialysis days, non-hemodialysis days and summary of the pattern of fatigue over the week. 2.) graphs of levels of fatigue on hemodialysis days, non-hemodialysis days and over the full week.</td>
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<tr>
<td>The learner will be able to compare and contrast levels and patterns of fatigue on hemodialysis days and non-hemodialysis days.</td>
<td>1.) verbal description of the levels and patterns of fatigue on hemodialysis and non-hemodialysis days. 2.) graph of levels of fatigue that illustrate fatigue patterns on hemodialysis and non-hemodialysis days.</td>
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<tr>
<td>The learner will be able to discuss the feasibility of measuring fatigue at multiple times during the day for one week in patients on hemodialysis</td>
<td>descriptive statistics of completeness of data returned, number of participants approached, number who agreed to participate in the study, and data packets returned</td>
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</table>
Abstract Text:

**Purpose:** Fatigue is one of the most common symptoms patients on hemodialysis experience. With a prevalence rate of 60-97%, it affects both mental and physical functioning. While fatigue is a frequent and often debilitating problem for patients on hemodialysis, there is little research regarding the patterns of fatigue that patients experience. The purpose of this study is to (a) determine the feasibility of measuring fatigue in patients on hemodialysis 4 times daily for one week using a self-report method, and (b) investigate the diurnal patterns of fatigue in relation to the dialysis session over one week, from Sunday to Saturday.

**Methods:** Twenty-five hemodialysis patients over the age of 21 years will be recruited for this study. A longitudinal, correlational design will be used to investigate the diurnal patterns of fatigue and how they are related to the dialysis session and demographic and physiologic variables. The Lee Fatigue Scale will be used to measure levels of fatigue throughout the day and demographic and physiologic variables will be collected from the patient chart. The feasibility of measuring fatigue four times daily for seven days in patients on hemodialysis will be assessed by success of participant recruitment and completion of data collection.

**Results:** Research is ongoing at this time

**Conclusion:** Research is ongoing, however it is expected that participants will have a higher level of fatigue after the dialysis session that will last for varying amounts of time, possibly until the morning of the day after dialysis. It is also expected that fatigue levels will be lower or possibly non-existent on non-hemodialysis days. While it is difficult to predict the outcome of feasibility, if there are gaps in data, it is anticipated that those gaps will occur on dialysis session days when fatigue and travel are most likely to interfere. This work will be the basis for larger studies that will deepen our knowledge regarding the patterns of fatigue and its associated factors.