

Adherence to dietary restrictions in end-stage renal disease: Barriers and facilitators



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INTRODUCTION

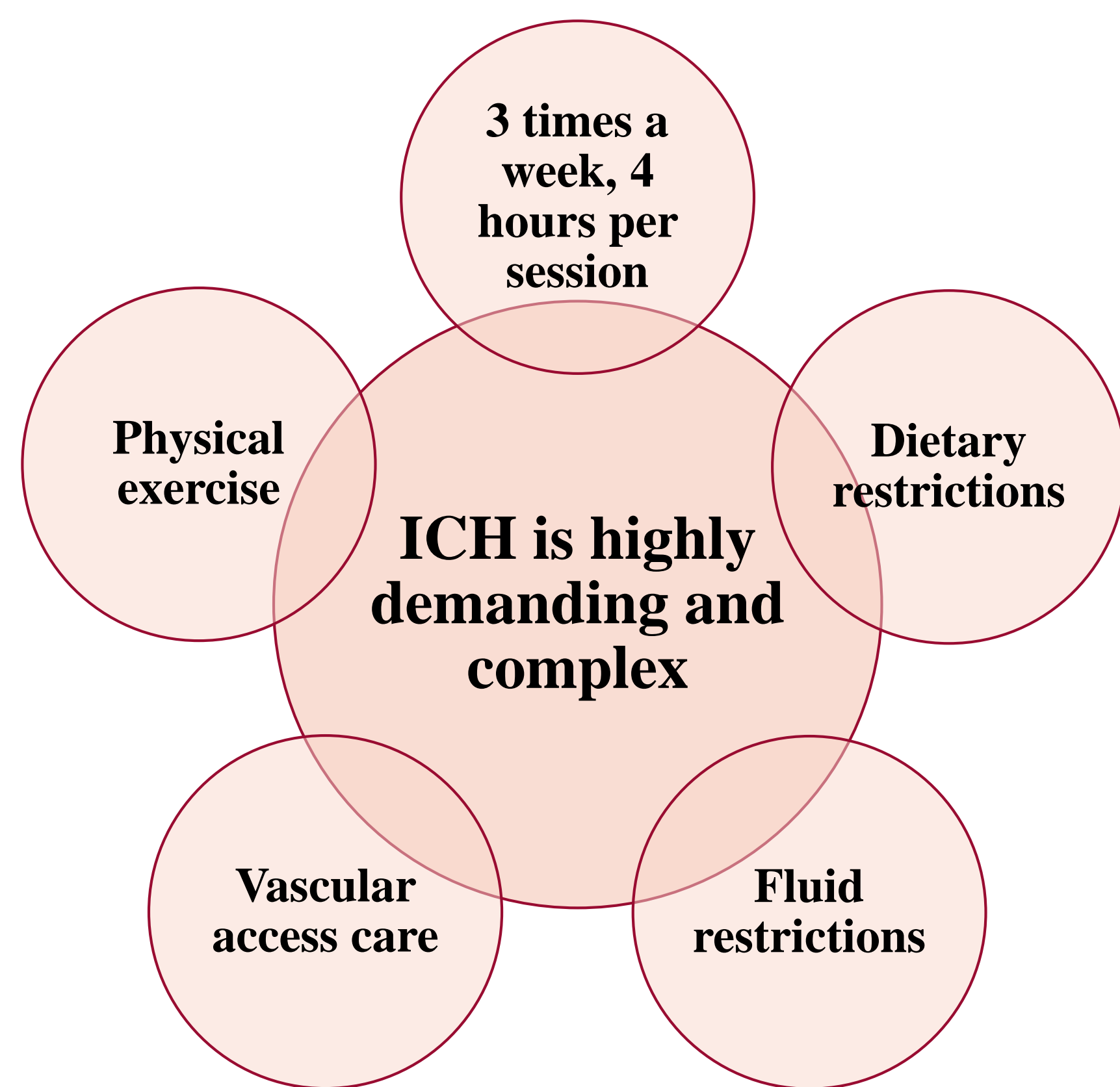
Patients with **End-Stage Renal Disease (ESRD)** cannot survive without renal replacement therapies and, worldwide, **in-center hemodialysis (ICH)** is the most common treatment modality (Bikbov et al., 2020; Murali et al., 2019).

In **Portugal**, about **56% of patients** with ESRD have difficulty managing potassium, phosphorus, sodium, and calcium restrictions (Poveda et al., 2016).

Bone demineralization, hypotension, muscles cramps, fatigue, pulmonary congestion, heart failure, recurrent hospitalizations, and early death (Gebrie, & Ford, 2019).

GOAL

This study aimed to explore the **barriers** and **facilitators** perceived by patients for (non)adherence to dietary restrictions.



METHODS



23 Patients with ESRD (69,5±12,9 years old; 12 males) undergoing ICH (45,7±57,3 months)

RESULTS & CONCLUSIONS

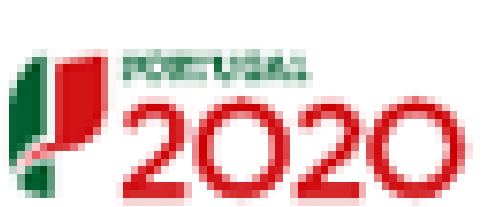
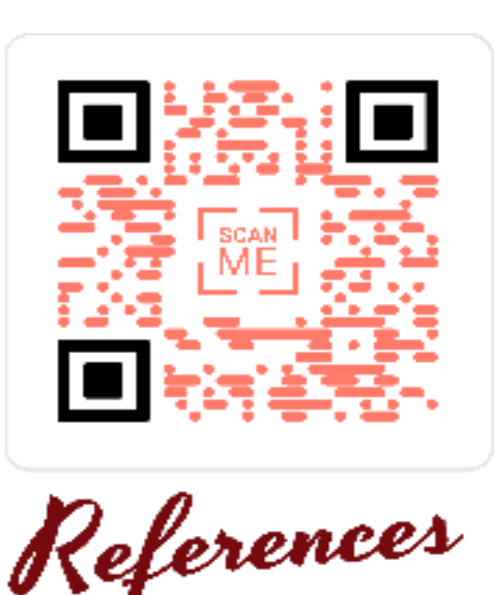
Barriers	Most illustrative quotations	Count
Continuous deprivation and cravings	"I feel deprived of certain foods that I like and only crave what I can't eat. If I'm told to eat 100g, sometimes I eat 200g. Especially with the fruits I like, namely cherries, strawberries... it's very difficult!" [male, 82y]	14
Family gatherings	"I have a hard time following my diet on weekends because we're all together as a family...there's always something different to eat. Desserts, juices, vegetables..." [female, 48y]	6
Facilitators	Most illustrative quotations	Count
Family support	"My wife helps me a lot... She avoids using salt and doesn't cook two different meals. What she eats, I eat too. She is very careful with what she cooks." [male, 71y]	11
Strategies to manage diet restrictions	"I don't use salt when I cook, only aromatic herbs (...). Potatoes, for example, I have to peel them the day before, rinse with water, boil, and then remove excess water." [female, 80y]	9
Written information	"I have the nutritionist's book. When I have doubts about what not to eat, I have to take a look." [female, 79y]	6
Negative experiences related to nonadherence	"I used to eat spicy food, but then I got really sick. I had a lot of difficulty breathing and I was very scared. I learned my lesson." [male, 36y]	6

The results suggest that:

- **Health professionals in dialysis units** need to be aware of patients who continually deprive themselves while encouraging the use of **alternative strategies** to reduce nonadherence.
- **Family members** can play a protective role but, at the same time, hinder nutritional adherence.



- **Future interventions** designed to increase patients' knowledge about dietary restrictions should include family members;
- **Family-based self-management interventions** can help maximize adherence.



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