

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



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INTRODUCTION

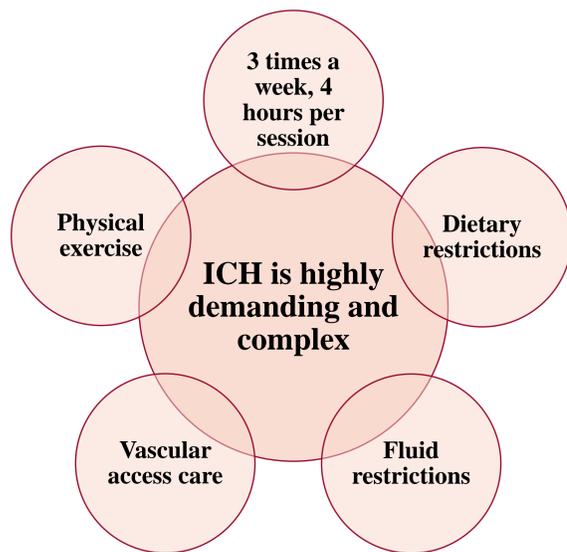
Patients with **End-Stage Renal Disease (ESRD)** cannot survive without renal replacement therapies and, worldwide, **in-center hemodialysis (ICH)** is the most common treatment modality (Bikbov et al., 2020; Murali et al., 2019).

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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