

# Factors Related to Non-compliance of Treatment among Chronic Kidney Disease Patients

RPEASN Jayarathna, MAWP Munasinghe, WALD Amarasinghe, YMCSK Gunathilaka, KID Fernando<sup>#</sup> and WN Priyanthi

Department of Nursing, Faculty of Health Sciences (FHS), The Open University of Sri Lanka  
<sup>#</sup>fernandokid91@gmail.com

A high level of adherence to prescribed medication is essential to obtain the desired outcomes of Chronic Kidney Disease (CKD) since it is a severe condition that is associated with number of advanced comorbidities and a wide range of debilitating symptoms. Non-adherence to comprehensive management of CKD remains a significant barrier to effective management of the diseased population and it increases the morbidity and mortality. The purpose of this study was to identify factors associated with noncompliance of treatment among patients with CKD in Wilgamuwa area. A quantitative non experimental descriptive study was carried out among 100 males and females who have been diagnosed with CKD and who were non-adherent to treatments regularly for 3 months at the medical clinic in Wilgamuwa divisional hospital, Matale. A self-administered questionnaire was used to collect data and analysis of the collected data was carried out with the use of computer software application Statistical Package for the Social Sciences (version 16). The majority of the participants (62 %) had a low education towards their disease condition, and 56 % of the patients were unable to buy prescribed medication due to lack of money. 96 % of patients felt physical and mental discomfort after using the medications. The major complaint of the majority of the patients (46 %) was loss of appetite. It was also found from the study that 56 % of clients attempted to suicide due to disease condition. Depending on the results, personal factors, psychosocial factors and therapy related factors together affected the non-compliance of the treatment. However, non-compliance remains a major obstacle in the effective management of the CKD population. There is a need for a collaborative approach to devise measures that eliminate relevant contributing factors to non-compliance in CKD patients.

**Keywords:** Chronic Kidney Disease (CKD), Noncompliance, Complications, Therapy, Non-adherence