

# MEASURING WELLBEING IN KIDNEY PATIENTS: HOW DO WE DO THAT?

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## Introduction

Kidney patients find it very hard to put in words how they experience the different stages of their disease. It is very difficult to say how they were feeling at the last appointment with their nephrologist.

## Methods

A measuring-instrument (NCCN2003/IKA2006) known as the lastmeter in oncology was altered to fit the symptoms of kidney patients. The measuring instrument is named the welbevindenmeter, and is an instrument to measure the wellbeing or quality of life for kidney patients. During a home-visit from the social worker of the nephrology department will bring the questions asked in the welbevindenmeter. It is not a form that has to be filled out by the patient, the questions are asked in a conversation with the social worker.

The welbevindenmeter will be filled out on different occasions. When patients start the kidney failure trajectory, three months after starting the trajectory, when their social situation changes, when they start with a treatment, or when the treatment changes. When changes not occur, the welbevindenmeter will be discussed yearly.

## Results

In 2013 118 patients have answered the questions of the welbevindenmeter:

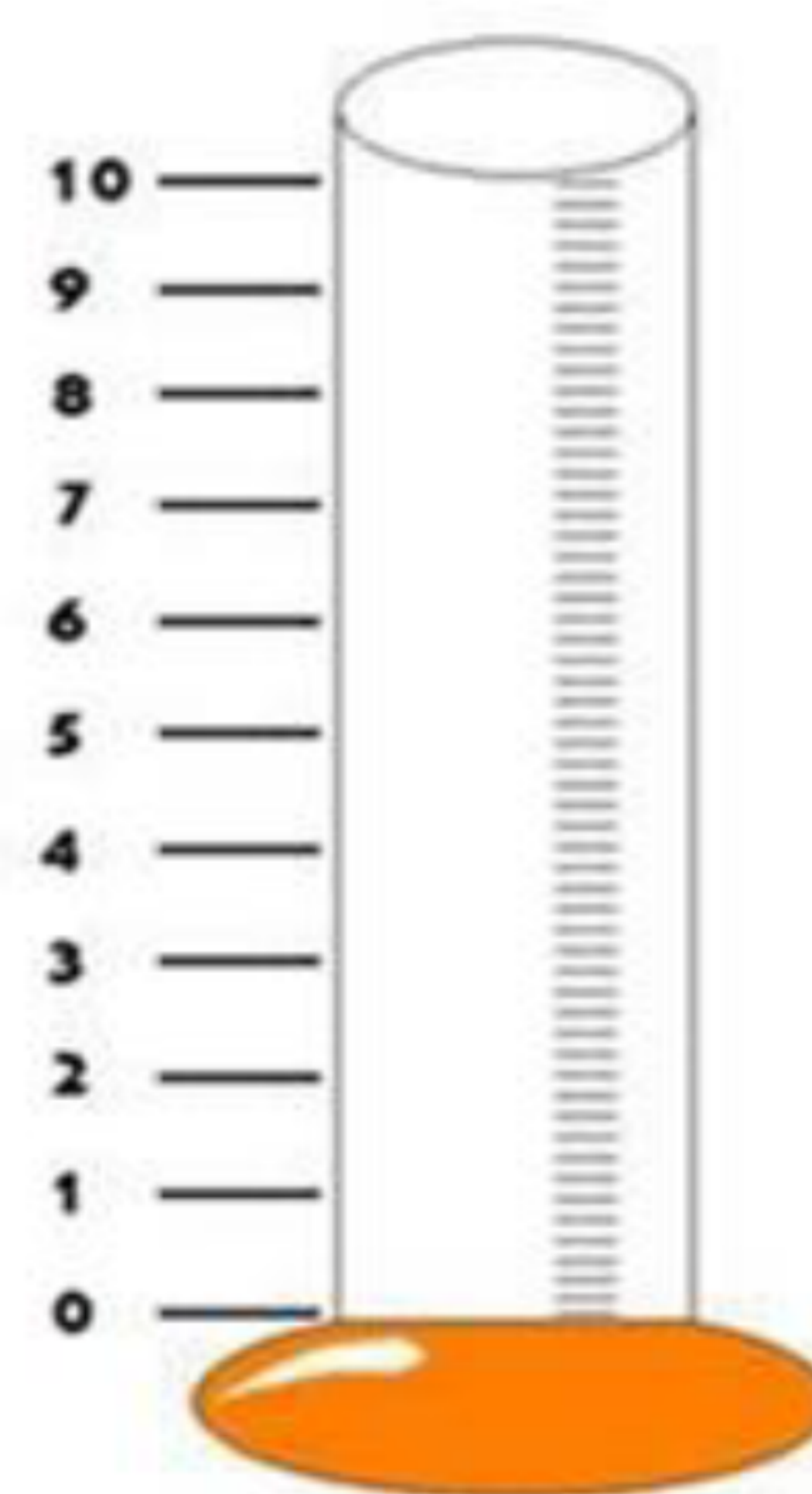
- 80% is seriously tired
- 50% experience less daily functioning.
- 40% experience sadness/grief
- 27% give their wellbeing inadequate.

In 2014 the welbevindenmeter is used 113 times for 110 new patients in the kidney failure trajectory.

- 54% of them experience pain
- 85% of the patients are seriously tired
- 66 % worry

Also in 2014 47 welbevindenmeters are conducted with patients already on dialysis.

- 57% of them experience pain
- 70% is seriously tired
- 43% worry



## Conclusion

With the welbevindenmeter patients get more control on their medical situation and wellbeing. It provides information to the patient and to practitioners about the condition of the patient. It's a possible starting point for a custom made treatment plan what enhances the quality of care for chronic kidney patients.

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