

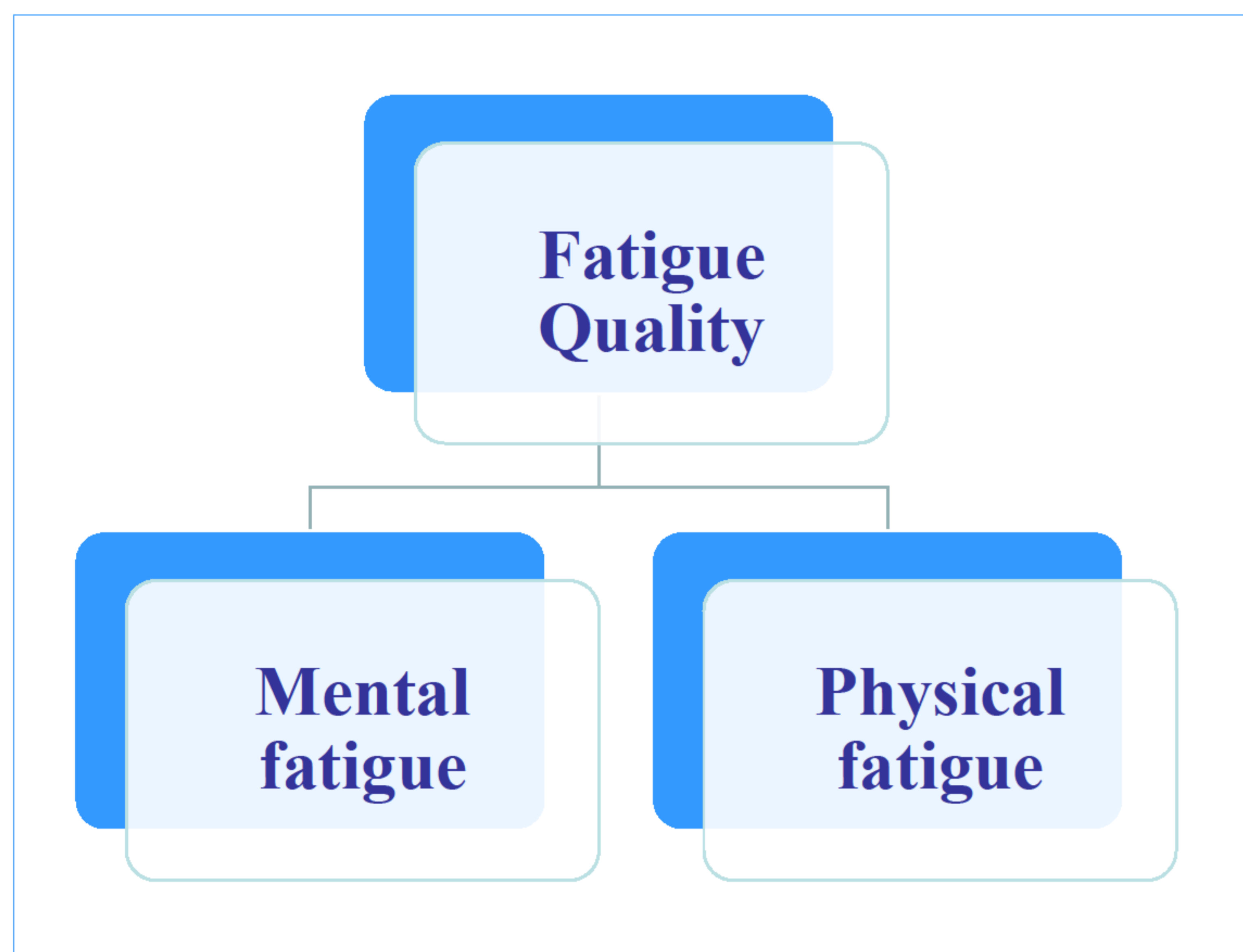
The impact of different groups of fatigue on recovery time after hemodialysis session

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OBJECTIVES

The aim of this study was to evaluate the relationship between recovery time after hemodialysis session and the different groups of qualities of fatigue in chronic hemodialysis patients.



METHODS

97 chronic hemodialysis patients with mean age 60.5 years were invited to answer the following question:

How long does it take you to recover from a dialysis session?

As a general measure of fatigue was the answer to the question:

- Do you feel tired most of the time?

We accepted from the literature two groups of fatigue qualities: mental, comprising cognitive and emotional qualities, and physical, comprising sleepiness, lack of energy and weakness.

For this purpose the patients were asked to answer the following questions:

- Do you feel that life is empty? (emotionally)
- Do you have trouble concentrating? (cognitive)
- Do you have muscle weakness? (physically)

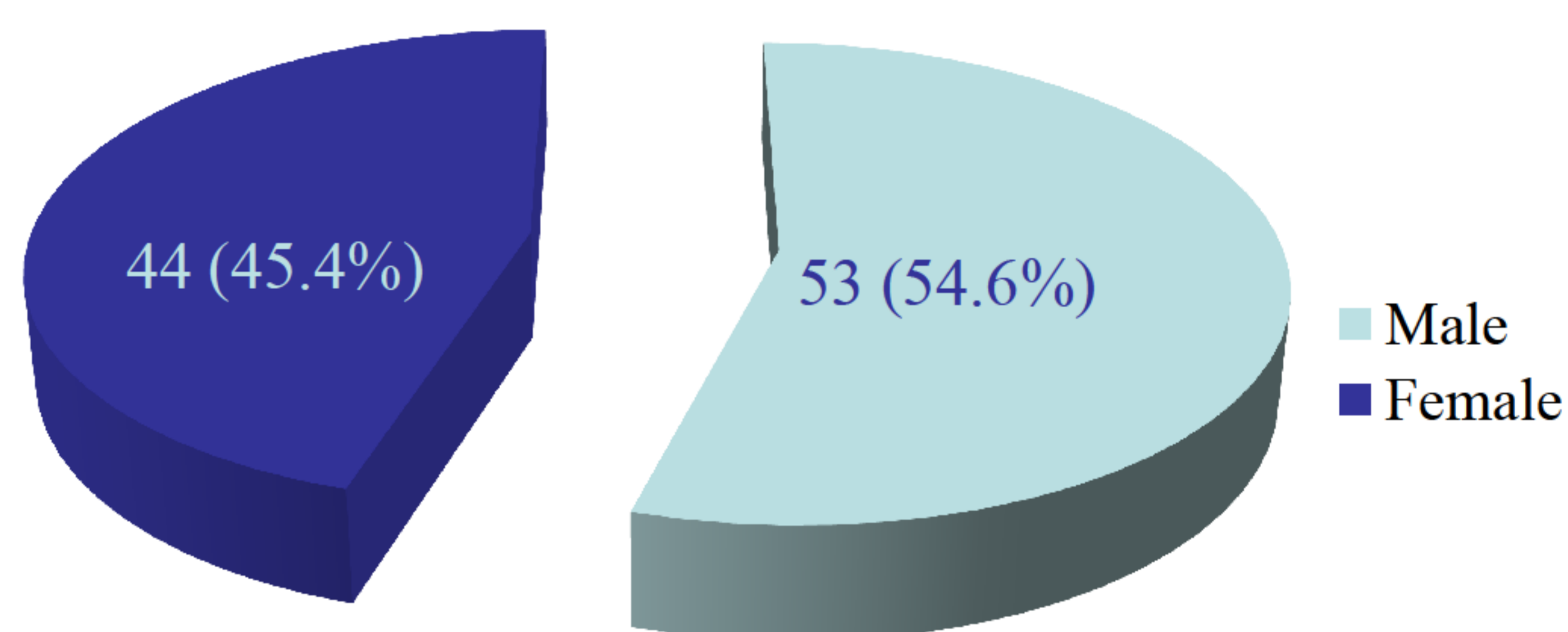
RESULTS

Longer recovery time was associated with female sex, mean 660 512 minutes versus 408 403 minutes in male, $p = 0.04$. The most prevalent fatigue was general, reported by 48 (49.5%), physical by 44 (45.4%), emotional by 34 (35.1%) and cognitive by 31 (32%) patients.

Tiredness, emotional and physical fatigue qualities were significantly correlated with recovery time ($0.424, p=0.000$; $0.200 p= 0.050$ and $0.295 p=0.003$, respectively).

At the multiple regressions analysis tiredness (general) and physical fatigue quality were only related to recovery time. General fatigue has heavier influence on recovery time (beta coefficient 0.377) than physical fatigue quality (beta coefficient 0.213).

Gender



CONCLUSIONS

Recovery time was independently associated with tiredness (general fatigue) and physical fatigue quality.

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