

THE EFFECT OF BUDDHIST MEDITATION ON THE QUALITY OF LIFE USING SHORT FORM 36 IN CONTINUOUS AMBULATORY PERITONEAL DIALYSIS PATIENTS

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Objectives:

Chronic kidney disease (CKD) is now a major medical and public health problem in Thailand and worldwide. Treatment of this disease is carried out by means of renal replacement therapy (RRT) with peritoneal dialysis (PD), hemodialysis (HD) or kidney transplantation. Patients who are on PD impose a considerable psychosocial burden of which can be exacerbated by comorbidities. Quality of life (QoL) is one of the major issues and challenges in healthcare. It has been shown that Buddhist Meditation can improve QoL in general population. Therefore, we would like to study the effect of Buddhist Meditation on the QoL in patients who were on Continuous Ambulatory Peritoneal Dialysis (CAPD).

Methods:

The exemplary groups are the 20 control groups and 20 experimental groups. All 20 experimental CAPD group have been trained the 1 day course of practice the Buddhist Meditation and they were practicing by their own at home about 1 hour a day by using the DVD and document regarding the method of Buddhist Meditation. The Short form-36 (SF-36), was performed to evaluate the QoL pre and post experiment.

Results:

The QoL in the control group between pre and post experiment was not statistically different. But the QoL in the experimental group between pre and post Buddhist Meditation was significantly improved.

Conclusions:

The practicing Buddhist Meditation is suitable and can be use as one modality of treatment in CAPD patients in order to improve the quality of life.

