

# 3<sup>RD</sup> WORLD KIDNEY CONGRESS

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## Experience of fatigue and self-management among patients receiving hemodialysis in the Sultanate of Oman: Research protocol

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**Statement of the Problem:** One of the most reported debilitating symptoms among patients with End-Stage Kidney Disease (ESKD) receiving hemodialysis is fatigue. Fatigue has a negative impact on patients' daily activities, increases the risk of psychological disorders, impairs quality of sleep and increases the risk of cardiovascular diseases and mortality rate. In Gulf countries, about 85% of patients receiving hemodialysis report fatigue, yet, assessment and management of fatigue in clinical practice is poor. The existing literature highlights the need for more evidence generated by exploring patients' experience of fatigue and self-management when receiving hemodialysis, across diverse contexts.

**Aim:** The purpose of this study is to explore experience of fatigue and management strategies among patients with ESKD receiving hemodialysis in Oman and associated experiences of healthcare providers.

**Design & Methods:** A qualitative research design including 30 in-depth semi-structured interviews with patients and 4 focus groups interviews with healthcare providers from 2 renal dialysis units (one urban and one rural) to reflect the cultural diversity and health services in Oman was performed.

**Theoretical Orientation:** Symptom management theory is that , to enable understanding of the experience of fatigue and examine the effectiveness of strategies used in managing this complex symptom.

**Discussion:** Fatigue management is a significant clinical priority for dialysis patients and the experience and self-management of fatigue among patients receiving hemodialysis in Oman. The protocol is in alignment with the Ministry of Health's Vision 2050, which underlines the need for a patient-centered approach where patients are involved in their own management, adhere to treatment processes and make behavioral changes that improve their health outcomes. This study will support the development of strategies to manage fatigue for patients receiving hemodialysis based on their own preferences, thereby improving patients' quality of life, ability to perform their daily activities and the quality of healthcare services.

### Biography

Zakariya Al Naamani began his career at the Nizwa Nursing Institute and graduated with a Diploma in Nursing in 2006, Sultanate of Oman, completed Bachelor in Nursing Science from Villanova University, USA in 2010 and in 2015, Master in Nursing Studies from Coventry University, UK. He has worked as a Staff Nurse in a Medical-Surgical Unit for five years in Nizwa Hospital and three years as Clinical Instructor at the University of Nizwa in Sultanate of Oman.

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