

Cost and Benefits Analysis of Treatment Adherence in End-Stage Renal Disease Patients

***Ghulam Ishaq**

Institute of Applied Psychology, University of the Punjab, Lahore,
Pakistan

Rafia Rafique, PhD

Institute of Applied Psychology, University of the Punjab, Lahore,
Pakistan

End-stage renal disease (ESRD) is a major public health concern as the number around the globe rise. These patients use Renal Replacement Therapy or hemodialysis (HD) for survival (Kazmi, 2013). However, a mental assessment of cost and benefits made by the patients to adhere to this treatment remains unexplored. This study qualitatively analyzed these cost and benefits aspects that resonated in the minds of ESRD patients as they battled adhering to RRT. A purposive sample of 5 male and 5 female ESRD patients was taken and interviewed using thematic analysis. Adherence to treatment emerged as a major theme in this analysis which suggested that ESRD patients adhered to their treatment with this understanding that treatment was more beneficial than its costs. Sub-themes suggested patients realized benefits of medications, HD was important and worth following and abstaining from certain diets and a limited quantity of fluids. Based on these themes and sub-themes, it was proposed that patients felt ESRD was effectively managed by their treatment and made them feel better; however some patients did feel the pinching costs of treatment over benefits. Medical professionals especially nephrologists and health psychologists need to coax ESRD patients in realizing the benefits of treatment and adhering even when costs are high. *Keywords:* benefits, costs, end-stage renal disease, ESRD, HD, treatment adherence