

Factors linked to self-care behavior identified for chronic kidney disease patients

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For patients with chronic kidney disease (CKD), promoting adequate

self-care necessitates identification of each patient's barriers and needs based on individual characteristics including age, cohabitation, and employment status, according to a study published online Oct. 13 in *PLOS ONE*.

Jung-Won Ahn, Ph.D., from Gangneung-Wonju National University in Korea, and colleagues analyzed data for 278 participants to evaluate general and medical condition-related characteristics, physiological indices, and the level of health literacy affecting self-care behavior in patients with CKD in South Korea.

The researchers found that self-care behavior scores differed significantly depending on participant age and cohabitation status, employment, and smoking status, as well as use of dialysis for end-stage kidney disease; levels of serum hemoglobin, calcium, and creatinine; and estimated glomerular filtration rate. Not currently working, nonsmoker, end-stage kidney disease, and positive response to the "actively managing my health" scale of the Health Literacy Questionnaire significantly affected self-care behavior in a [regression analysis](#), with an explanatory power of 32.7 percent.

"The results indicate the importance of having a responsible attitude toward actively managing one's health. Specialized interventions are needed to help patients with CKD who have a job, are living alone, and have a low frequency of contact with nurses or [health care providers](#)," the authors write.

More information: [Abstract/Full Text](#)

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