

## The experience of living with chronic kidney disease

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### 1 Abstract / Introduction

The main challenges faced by health systems are aging and chronic diseases. Among these, Chronic Kidney Disease is characterized by being a debilitating disease, caused by a gradual and progressive loss of renal function, which affects the person and his surroundings (Gill 2012). The number of people with Chronic Kidney Disease and Terminal Chronic Renal Failure continues to increase exponentially, being a public health problem that could reach severe epidemic proportions. There are several important factors for its development, such as aging, cardiovascular diseases and type II diabetes mellitus, considered to be responsible for its increasing incidence (Ayar et al. 2017). In 2010, more than 2 million people in the world were treated for this disease (Warady & Chadha 2007). In the United States, during the year 2013, the incidence of people diagnosed with this disease varied from 6.3 to 9.2% (Bassett & O'Malley 2014). It is estimated that, by 2030, approximately 2.2 million people will require renal replacement therapy (Mezzano A & Aros E 2005). The main treatment options are: kidney transplantation or dialysis, and given the limitations of kidney transplantation, it is recognized that most people enter a renal replacement therapy (Ayar et al. 2017).

### 2 Objective

Of this study was to understand the experience of people living with Chronic Renal Disease who have been transplanted, from the meanings constructed based on the experienced phenomenon.

### 3 Method

The hermeneutic-phenomenological qualitative research method proposed by Van Manen was adopted, aiming, through face-to-face interviews, to reconstruct the meaning of the experience of people living with Chronic Renal Disease. The analysis was centered on the lifeworld existentials (Van Manen 2014): Relationality, Corporeality, Spatiality, Temporality and Materiality. Study sample consisted of 11 participants with Chronic Renal Disease, who have been transplanted and were residents in the city of Neiva, Colombia. They were selected by a random (Patton 2002) non-probabilistic criterion-oriented sampling. The analysis was carried out according to Van Manen's method. In-depth interviews were used as technique for collecting the information. The researcher contacted the participants by telephone and interviewed them at their residences

### 4 Results

The themes emerged are Temporality meaning for the participants: something unexpected, being present and not seeing it, being young and sick; Relationality, aspects such as support, feeling stuck and Terminal Chronic Renal Failure were identified; Spatiality, the following aspects were identified: changes in life, sadness and depression; Corporeality, the disease becomes visible: body



deterioration and changes in sex life; Materiality, the aspects related to the effects on the economic status arise.

## 5 Conclusions

This study represents an important tool for the development of self-care models articulated with public health policies aimed at caring for people with Chronic Kidney Disease. It is based on the experience of people, on the subjectivity and meanings that these people build, moving away from the positivist paradigm centered on the disease, to focus on the care for human beings, authors and participants of their own reality.

**Key Words:** Kidney Disease; Chronic; Kidney; Transplantation; Research; Qualitative; hermeneutic

**Table 1** Characterization of the study participants, Neiva, Huila, Colombia 2015-2017.

Pseudonym	Gender	Age	Education	Type of treatment
MMV	F	20	Technical	Hemodialysis and Peritoneal dialysis
JIB	M	27	Secondary	Hemodialysis
VG	F	28	Secondary	Hemodialysis
EP	M	37	Secondary	Hemodialysis and peritoneal dialysis
EYS	M	39	University	Hemodialysis and peritoneal dialysis
MCV	F	42	University	Peritoneal dialysis
MAA	F	50	University	Hemodialysis
MEA	F	52	Secondary	Hemodialysis and peritoneal dialysis
MR	F	62	Basic education	Hemodialysis and peritoneal dialysis
JCC	M	69	Basic education	Hemodialysis and peritoneal dialysis
AS	M	70	University	Hemodialysis and peritoneal dialysis



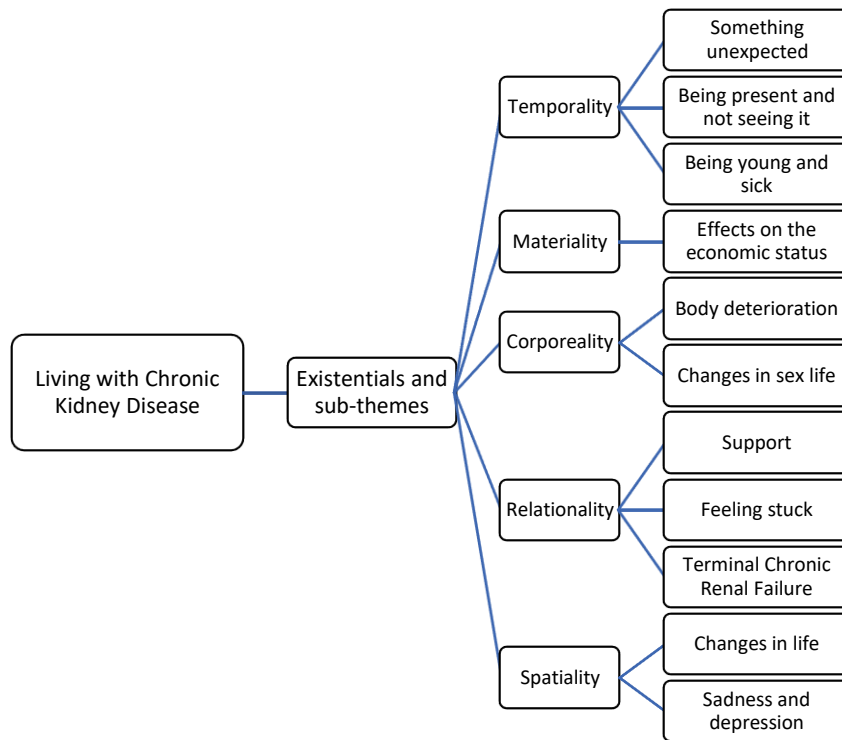


Figure 1 - Relationship between the lifeworld existentials and sub-themes.

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