

Predictive Role of Resilience and Hope on Adherence to Treatment in Hemodialysis Patients

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Abstract

Objective. To determine the predictive role of resilience and hope on adherence to treatment in hemodialysis patients hospitalized in two hospitals affiliated to Shiraz University of Medical Sciences (Shiraz, Iran). **Methods.** This is a descriptive-analytical study that was conducted in 2021-2022 on 120 patients treated in hemodialysis sections in Namazi and Shahid Faqihi teaching hospitals. Sampling was conducted using a stratified random method. Demographic information questionnaires, Connor and Davidson's resilience, Snyder's hope and adherence to kidney patients' treatment questionnaires were used to collect the data. **Results.** The finds showed that the levels of resilience, hope, and adherence to treatment had high level. More specifically, it was indicated that the mean and standard deviation for the total resilience score, the hope variable, and adherence to total treatment

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Conflicts of interest: None

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who were under hemodialysis in two hospitals affiliated to Shiraz University of Medical Sciences in 2021 and 2022. The results of this study indicated that the mean scores of resilience were at the desired level. Furthermore, the average scores of hope in the study also showed that hope was at a favorable level. It was found that the level of adherence to the treatment in the present study was generally at a very good level, only in the dimension of the limitation of the fluid intake; this level was lower than other dimensions, which requires training and improving the level of awareness of these patients regarding the consequences of reducing the fluid intake in their disease. Despite the favorable levels of the three variables of resilience, hope, and adherence to the treatment, there is a need for educational interventions by nurses and medical staff to maintain and improve the cases examined in this study. Because the patient's condition may undergo physical and mental changes over time and during the treatment, which may affect these variables, it is necessary to use the guidance and advice of nurses and treatment staff. Given that hope and resilience could not predict treatment adherence in the present study, more studies are needed in this regard.

Research implications. The main purpose of conducting a study in the field of disease and health is to apply it in different fields of the society and improve the quality of health. According to the subject of this study, in this section, the implications of the findings was discussed in the three areas of education, clinical services and management. In the field of education, it is suggested that more educational programs should be held in relation to the subject of the research because these programs can increase the level of

knowledge and awareness of the performers of the interventions and treatments, which is effective in improving the implementation, results, and improving the mental and physical condition of the patients. In the field of clinical services, more attention can be paid to the role of nurses and nursing officials in holding consultation meetings and support forums to familiarize the patients with the related issues, to solve the problems and access information about the effectiveness of treatment and situation improvement, or to provide evidence from the previous studies conducted on the necessary issues for clarifying the patients, points which can be effective in improving the health condition in general. In the field of management, health managers and health policymakers can teach these concepts and their importance to health care workers during management and educational programs or through holding some workshops.

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