

Lived Experiences of Hemodialysis Patients in Selected Dialysis Center in Rizal Province

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ABSTRACT

Young adult Chronic Kidney Disease and long-term hemodialysis have a significant impact on their ability to fulfill developmental tasks, such as completing their education, establishing employment, or developing social connections. The purpose of this study was to describe the experience of young adults receiving hemodialysis in select dialysis facilities within Rizal Province. A descriptive qualitative research design was used. Data were collected through in-depth semi-structured interviews with nine (9) young adult hemodialysis patients aged 20 to 29 years who were selected through purposive sampling. The interviews were audio-recorded, transcribed verbatim, and analyzed using Reflexive Thematic Analysis following the framework of Braun and Clarke (2022). The findings generated four major themes and corresponding subthemes, (1) Coming to Terms with a Life-Changing Illness, which reflected participants' gradual acceptance of their condition and increased health awareness, (2) Living with the Multidimensional Burden of Hemodialysis, which encompassed physical, financial, educational, and occupational difficulties, (3) Drawing Strength through Relationships and Spirituality, which highlighted the essential roles of family support and spirituality in coping with treatment demands, and (4) Envisioning Hope and Future Possibilities, which illustrated participants' resilience, appreciation of life, and optimism despite living with chronic kidney disease. The findings revealed that the experiences of young adult hemodialysis patients extend beyond physical management and encompass emotional, social, spiritual, and developmental dimensions. The study underscores the importance of holistic, patient-centered interventions that address the multifaceted needs of young adults undergoing hemodialysis to promote overall well-being and quality of life.

Keywords: *Chronic kidney disease, hemodialysis, young adults, descriptive qualitative research, reflexive thematic analysis*

Introduction

Chronic kidney disease (CKD) is a significant global health concern that affects millions of individuals and substantially impacts their quality of life. As kidney function progressively deteriorates, many individuals require renal replacement therapy, such as hemodialysis, to sustain life. Hemodialysis is a life-saving treatment that removes waste products and excess fluids from the body when the kidneys can no longer perform these functions effectively. Despite its therapeutic benefits, hemodialysis presents numerous physical, emotional, social, and financial challenges that can significantly alter patients' daily lives. Young adulthood is a developmental period characterized by increasing independence, pursuit of educational and career goals, establishment of meaningful relationships, and

planning for the future. The onset of chronic kidney disease and the demands of long-term hemodialysis during this stage may disrupt these developmental tasks and create substantial challenges in various aspects of life. Studies have shown that young adults undergoing hemodialysis experience physical limitations, emotional distress, financial difficulties, and social restrictions that affect their overall well-being. However, limited studies have specifically explored the experiences of young adults undergoing hemodialysis within the Philippine context. Understanding the experiences of young adult hemodialysis patients is essential for developing holistic, patient-centered interventions that address their multidimensional needs. Therefore, this study sought to describe the experiences of young adults undergoing hemodialysis in selected dialysis centers in Rizal Province.

Statement of the Problem

This descriptive qualitative study aimed to describe the experiences of young adults undergoing hemodialysis in selected dialysis centers in Rizal Province. Specifically, it sought to describe their experiences of living with chronic kidney disease and undergoing hemodialysis, with an emphasis on their interpretation of their illness and treatment, along with how they cope with and adapt to the various challenges associated with long-term hemodialysis. *Central Question:* What are the lived experiences of young adults undergoing hemodialysis in selected dialysis centers in Rizal province?

Scope and Delimitations

This research studied how chronic kidney disease affects young adult patients undergoing hemodialysis for at least three months. To collect data, purposive sampling was used to select 9 patients who qualified for the research to determine their experiences with long-term hemodialysis treatment, including subjective experiences, perspectives, challenges, coping mechanisms, and support systems. The study results reflect the experiences of the selected sample and should not be generalized to other young adult patients.

Review of Related Literature

Studies conducted previously showed that patients receiving hemodialysis are often affected in their quality of life due to physical limitations, emotional problems, financial stressors, and disruption of their ability to socialize normally with family and friends. In addition, research has demonstrated that family support, spirituality, and productive coping strategies also promote resilience and help patients adapt to long-term hemodialysis.

Theoretical Framework

The Roy Adaptation Model views people as adaptive systems that continuously respond to internal and external stimuli. Many changes in young adults undergoing hemodialysis, including physical, emotional, social, and developmental changes, require continued adaptation.

Watson's Theory of Human Caring proposes that providing care entails viewing a person holistically and with compassion, encompassing care for the person physically, emotionally, socially, and spiritually. Young adults undergoing hemodialysis face multi-

dimensional issues where it will take empathy, support, and relationships to provide meaningful care.

Orem's Self-Care Deficit Nursing Theory. When their self-care needs exceed their capabilities, they may need support from a nurse. Young adult patients with hemodialysis continuously manage their illness; they are engaged in self-care through adherence to their treatment regimen, dietary restrictions, fluid restrictions, and changes in their lifestyle.

METHODOLOGY

A descriptive qualitative research design was used to describe and examine the life experiences of adults aged 20 to 29 undergoing hemodialysis at selected dialysis centers in the Province of Rizal. Descriptive qualitative research is an approach that seeks to describe participants' experiences and obtain rich descriptions of young adults undergoing hemodialysis.

Research Design

The study employed descriptive qualitative research (Creswell, 2023) and Reflexive Thematic Analysis, following Braun and Clarke (2022), to identify patterns of meaning within participants' narratives.

Research Steps

Ethical compliance, approval, and permissions were obtained. The eligible participants were recruited, informed consent was secured, interviews were conducted and audio-recorded, transcripts were prepared, and thematic analysis was performed.

Data Gathering and Sample Collection

Purposive sampling was used to recruit nine participants aged 20 to 29 years who had been undergoing maintenance hemodialysis for at least three months and met the inclusion criteria. Data were collected using a semi-structured, in-depth interview method in a private, convenient location at the dialysis center from which the sample was drawn. Interviews were recorded on audio tape with participants' permission and supplemented with field notes to document additional context. The interviews were conducted until sufficient high-quality data had been gathered to adequately address one or more of the study's research questions.

Data Analysis Methods

Reflexive Thematic Analysis, as outlined by Braun and Clarke (2022), was used; the researcher analyzed participants' interviews by reviewing each transcript multiple times to become familiar with the material and create initial codes from the statements and patterns identified within the transcripts. The codes were grouped together to develop themes. Each theme was then reviewed for clarity regarding the research objectives, refined, and clearly defined. Lastly, themes were interpreted and organized to provide an overall comprehensive description of the participants' experiences throughout their time on hemodialysis as young adults.

Research Assumptions and Validation

The study assumed that participants would openly share their experiences and provide accurate accounts of their journeys. A pilot study, member checking, and an audit trail of the research process were used to enhance credibility.

STUDY LIMITATIONS AND ETHICAL CONSIDERATIONS

The study was conducted with nine young adult hemodialysis patients from selected dialysis centers in Rizal Province. These results are based solely on this population and should not be generalized to other populations. Participants were recruited until data saturation was reached. The following ethical principles were adhered to throughout the study — voluntary participation, informed consent, confidentiality, anonymity, and the ability to withdraw from the study at any time without consequence.

RESULTS AND DISCUSSION

Four major themes emerged from the analysis

Theme 1: Coming to Terms with a Life-Changing Illness. Participants gradually accepted hemodialysis as part of their lives and adapted to the physical, emotional, and lifestyle changes brought about by their condition. Their experiences heightened their awareness of health and the importance of self-discipline.

Theme 2: Living with the Multidimensional Burden of Hemodialysis. Participants experienced challenges and various burdens that young adults on hemodialysis face, including physical limitations, financial difficulties, and disruptions to their education, jobs, and daily activities, which significantly affected their quality of life.

Theme 3: Drawing Strength through Relationships and Spirituality. The relationship and spiritual aspects of living with a chronic illness were very important to the young adult hemodialysis patients in this study. Family support and faith in God provided patients with comfort, motivation, and emotional strength and helped them to cope with the demands of hemodialysis.

Theme 4: Envisioning Hope and Future Possibilities. This theme addressed the participants' resilience and their expression of hope for the future, despite living with a chronic illness, while demonstrating gratitude for being alive and a desire to pursue continued meaningful goals. The findings show that young adult hemodialysis patients experience more than just physical management of their condition and have multiple dimensions to deal with, such as mental and emotional, social, spiritual, and developmental factors.

SUMMARY

Among young adults receiving hemodialysis in selected hemodialysis facilities in Rizal, this research examined their varied experiences during treatment. Participants experienced significant challenges but demonstrated adaptation, resilience, and hope through the support of family and spirituality.

CONCLUSIONS

Young adults undergoing hemodialysis experience a challenging adjustment process as they address the physical, emotional, social, and financial problems associated with their treatment. The role of family support, spirituality, and self-resilience are all critical components in enabling these young adults to cope during the treatment process and maintain a sense of hope for the future.

RECOMMENDATIONS

Healthcare practitioners need to provide holistic and patient-centered interventions that address the physical, emotional, social, and spiritual needs of young adults undergoing hemodialysis. Dialysis clinics need to implement psychosocial support services and counseling. Hospital administrators need to work toward augmenting or improving their patient assistance and patient-centered programs. More extensive studies with a larger, more diverse sample are also recommended.

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AI DECLARATION

Artificial intelligence tools were used only for language correction, structuring ideas, and checking grammar. All other aspects of the research, including data collection and analysis, interpretation of results, and final decisions regarding the content of this manuscript, have been conducted by the researcher.

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