Summary

The aim of this study was to investigate the relation between nutritional compliance among hemodialysis patients and their socio-demographic variables, as well as the construction of data base to provide nurses, physicians and other concerned people where to put efforts and resources to improve patient's adherence to the dietary regimen.

The sample studied was composed of 60 adult male and female conscious patients at the kidney dialysis units in Benha University Hospital and Benha Public Hospital . The patients were on dialysis treatment for at least three months.

The tool of the study was a structured interview schedule which consisted of three parts:

- The first part comprised the socio-demographic characteristics of subjects e.g Patient's age, sex, marital status, level of education, occupation, residence, and socioeconomic status.

- The second part comprised the patient's perception of dietary compliance and the difficulties which they faced with the compliance to the dietary regimen.

- The third part included the nutritional compliance scale, with the selected

items of foods and levels of subjects compliance with it. The scale items were "leckert" like in form, with response options of "always", "usually", "sometimes" and "never", scored 4, 3, 2, and 1 respectively.

The results of this study indicated that, the majority of the studied subjects demonstrated nutritional compliance on sometimes and never levels. Also the results showed that, compliant patients were more likely to be younger, educated, have low number of offspring and low crowding index.

The results of this study also illustrated that, sex, occupation, marital status, residence, duration on dialysis and economic status showed absence of significant statistical relation with the levels of dietary compliance among the studied subjects.

Beside that, the social support of the subjects had no influence on their levels of nutritional compliance. The result also clarified the absence of significant statistical relation between nutritional education and level of compliance among the studied subjects. Nurses and physicians did not demonstrate a directive or educative role in dietary adherence of the patients.

The study concluded that, there was a significant statistical relation between nutritional compliance and some socio-demographic variables among the studied subjects . Planning and implementing teaching programs which are

tailored according to this category needs was recommended.