



THE WORLD KIDNEY DAY

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SURVEY ON THE GENERAL KNOWLEDGE ABOUT KIDNEYS:

GOAL:

To test the level of general information level about the kidneys (e.g.: The position, function of kidneys, risk and protective factors for kidney diseases),

To assess the relationship between the level of knowledge and the demographic factors including gender and education,

To evaluate the sources of information, and the inadequacy and the biases in terms of the knowledge

To provide adequate sources of information to the target population with the aim to correct general biases and the inadequacies

APPLICATION WITHIN THE SCOPE OF THE STUDY

- Related to the results of the current study, first step has been taken by the researcher and the target population had been provided brochures introducing kidneys.



A STUDENT SAMPLE FROM ANKARA, TURKEY

MATERIALS

15 minute paper – pencil test, composed of 28 open & closed - end questions in 3 sections were used for the aim of the study

- Section 1 – Demographic Information:**
Gender, Age, Place of birth, education
- Section 2– General Health Information:**
Include questions related to :
 - The position and the function of kidneys,
 - Health – related problems due to kidney dysfunctions,
 - Risk factors for the kidney diseases,
 - Ways to prevent the kidney diseases,
 - The healthy level of blood pressure and cholesterol
- The subjective level of knowledge on smoking, obesity, hemodialysis, organ transplantation and organ donation
Sources of information.
- Section 3 – Attitudes:**
 - Attitudes towards organ donation

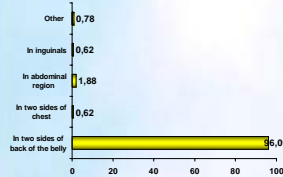
PARTICIPANTS:	Female	Male	N
Dr. Binnaz Ege – Dr. Rıdvan Ege – Private High School	171	176	347
Ufuk University: Students from the Social & the Administrative Departments	97	40	137
Ufuk University: Students from the Medical Departments	99	65	164
	367	281	648

Age Range = 14 – 35, M = 19

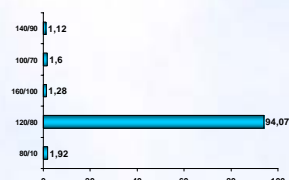
FINDINGS

LEVEL OF GENERAL INFORMATION ABOUT THE KIDNEYS*

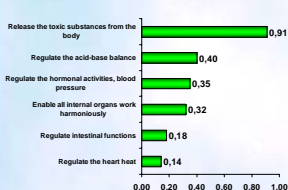
The position of the kidneys in the body?



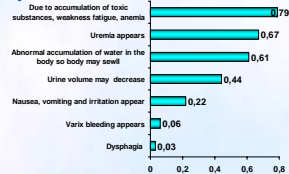
What is the healthy level of blood pressure?



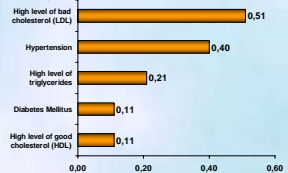
What are the function of kidneys?



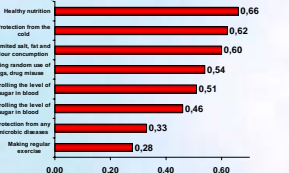
What are the possible results of kidney dysfunction?



What are the risk factors for the kidney diseases?



What are the effective preventive strategies?



* No significant relationship was revealed between gender, education and the level of the general knowledge related to kidneys

SOURCES OF INFORMATION*

Which is the source of your information about smoking?



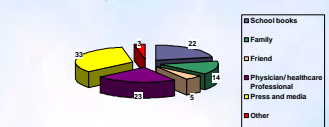
Which is the source of your information about your kidneys?



Which is the source of your information about dialysis?

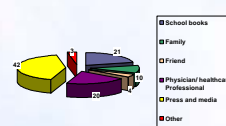


Which is the source of your information about obesity?

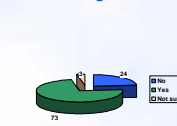


ATTITUDES TOWARDS ORGAN DONATION*

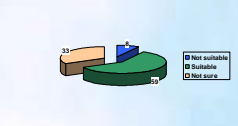
Which is the source of your information about organ transplantation?



According to you, is organ donation a good idea?



Is it suitable for you if anyone close to you who donate their organs after death?



EVALUATION

LOCATION OF THE KIDNEYS:

96% of the participants reported that the kidneys are located on the two sides of the back of the belly

LEVEL OF THE BLOOD PRESSURE:

94% of the participants reported that the healthy level of the blood pressure is 80/120

FUNCTION OF THE KIDNEYS:

91% of the participants reported that kidneys help to release the toxic substances from the body. Significantly lower percentage of the participants reported that kidneys regulate the acid-base balance (40%), regulate the hormonal activities, blood pressure (35%), and enable all internal organs work harmoniously (32%)

Significantly the lowest percentage of the participants reported that kidneys were also regulate the heart beat (14%) and intestinal functions (18%).

RESULTS OF KIDNEY DYSFUNCTION:

79% of the participants reported that the anemia, fatigue, and concentration of the toxic substances in the blood will be experienced due to kidney dysfunction. Additionally, uremia appears (67%), abnormal accumulation of water so body may swell (61%), urine volume may decrease (44%) were among the responses of participants about the kidney dysfunctions.

Significantly lower percentage of participants also reported that nausea, vomiting and irritation (22%) were also results of kidney dysfunction.

RISK FACTORS FOR KIDNEY – RELATED DISEASES:

Participants mostly reported that the risk factors for kidney diseases were high level of bad cholesterol (LDL) (51%) and hypertension (40%).

Significantly lower percentage of participants also reported that high level of triglyceride (21%), diabetes mellitus (11%), and high level of good cholesterol (HDL) (11%) were risk factors.

PREVENTION OF KIDNEY DISEASES:

Participants reported various behavioral strategies that could be helpful to prevent kidney diseases. These were healthy eating patterns (66%), protection from the cold (62%), limited salt, fat, and flour consumption (60%), avoiding random use of drugs, drug misuse (54%), controlling the level of sugar level in blood (51%), and controlling the level of blood pressure (46%).

Significantly lower percentage of participants were also reported that protected from any microbial diseases (33%) and regular exercise (28%) were also factor that could prevent kidney diseases.

Subjective Level of the Knowledge and the Relationship Between the Education and the Knowledge

QUESTIONS	High school	Uni. Social & Administrative Departments	Uni. Medical departments
How much do you think you know about the effects of smoking on the life quality?	3,76 _a	3,69 _a	3,76 _a
How much do you think you know about the effects of obesity on the life quality?	3,31 _a	3,23 _a	3,70 _a
How much do you think you know about the organ donation?	2,86 _c	2,88 _c	3,27 _d
How much do you think you know about the organ transplantation?	2,43 _b	2,84 _b	3,17 _d
How much do you think you know about the dialysis	1,52 _a	1,69 _a	2,96 _d

**Different letters stand for group differences

***1-4 Likert type question: 1: No information, 4: High level of information

CONCLUSION

- For the student sample the level of knowledge about the kidneys were found relatively high however, some limitations were also detected
- Students, if not enrolled to medical departments, may revealed feelings of inadequacy in terms of the knowledge related to effects of smoking and obesity on the life quality, organ donation and transplantation, and dialysis.
- Participants were aware that organ donation is socially acceptable, honorable behavior and needed to be done. However, when the issue becomes personal they find it difficult to act upon their thoughts

SUGGESTION

- To increase the level of knowledge and to decrease the feelings of inadequacy, more detailed and informative sources of information needed to be handed out
- Both the quality and the quantity of the information sources need to be increased.
- Community training sessions to the target groups would be helpful.
- Further studies are needed to understand the psychological and/ or social dynamics that prevent people to act upon their thoughts about organ donation.