

投稿類別：英文寫作類

篇名：

A High School Student's View—
The Influence of Social Interaction on Hemodialysis Patients.

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I. Introduction

I.1. Motivation and Purpose

My mother, a hemodialysis nurse, who has influenced me a lot, made me want to do this research. Those patients who are suffering from end-stage renal disease need to face the pain of receiving long-term hemodialysis. Moreover, confronting the decline of body functions and increasing health problems can cause the patients to become depressed and even lead to some social interaction difficulties.

In this study, first, I will define hemodialysis, social interaction, and social support. Also I will discuss the problems and influence of negative social interaction. Finally, I will give my ideas about how to achieve positive social interaction.

I.2. Process

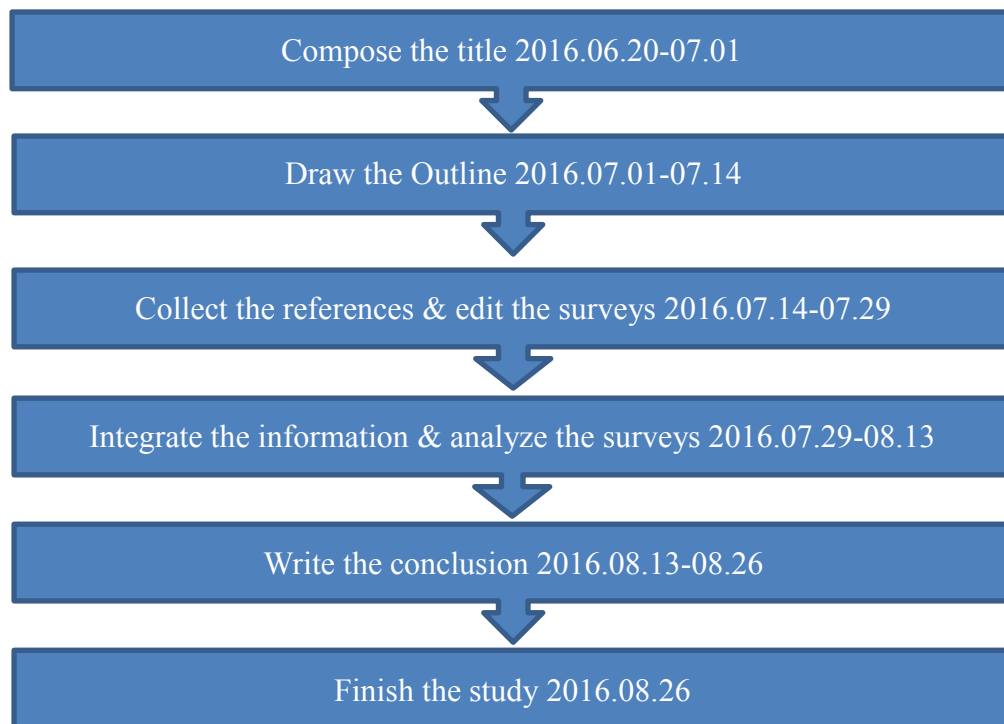


Figure 1. The Flow Chart of this Study

I.3 Methods

1. Literature Search: I consult books and magazines from libraries, surf on the Internet, and analyze the information.
2. Questionnaires: I will find a hemodialysis clinic and do the survey and I analyze these results.

II. Thesis

II.1. The Reality of Hemodialysis in Taiwan

According to the statistics from the United States Renal Data System (USRDS), uremia occurs frequently. There was the highest population of hemodialysis patients in the world in 2013. In Taiwan, about every 1.2 hour there will be one person who needs to receive hemodialysis treatment. Figure 2 shows the number continued to rise from 2000 to 2013.

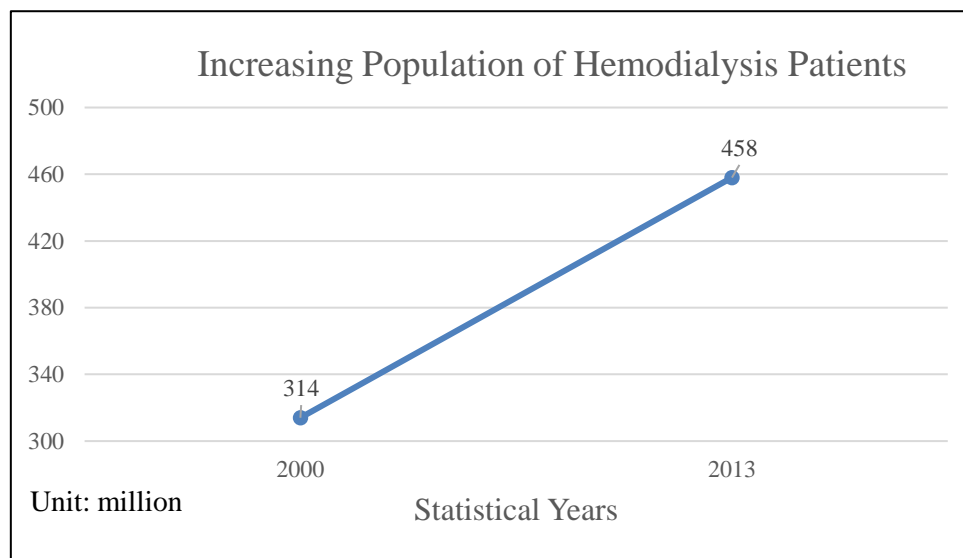


Figure 2. Increasing Population of Hemodialysis Patients from 2000 to 2013

The main reason why the patients need hemodialysis treatment, is that diabetes gives rise to end-stage renal diseases. In Taiwan, there are forty-five thousand hemodialysis patients. Almost all the hospitals and clinics have the equipment to treat and services for treating hemodialysis. The patients need to do the treatment three times a week, spending four hours in the hospitals or clinics for each time they receive the treatment, called institutional hemodialysis.

II.2. What Is Hemodialysis?

Hemodialysis is the most normal treatment for end-stage renal disease patients whose kidneys have failed. Before receiving hemodialysis treatment, patients need to have an operation, called AV fistula. Arteries carry blood from the heart to the body, while veins carry blood from the body back to the heart. Patients' arteries and veins at the wrist will be stitched via surgery. In this way, patients' blood flows become larger. Therefore, patients can transport the blood safely without losing their blood.

Hemodialysis patients' blood is carried out from their bodies by needles, and goes into the machine which can simulate a human kidney. In the machine, patients' urea and unnecessary water will be removed by semipermeable membrane through dilatation. The blood will return to patients' bodies as soon as it has been cleaned.

Not only hemodialysis, but also peritoneal dialysis are two treatments for end-stage renal disease patients. Nonetheless, hemodialysis is more useful and cheaper, so it's undoubtedly the option that most patients will choose. In figure 3 we can clearly see how big the difference is between these two methods. We can also find out why institutional hemodialysis is so popular in Taiwan.

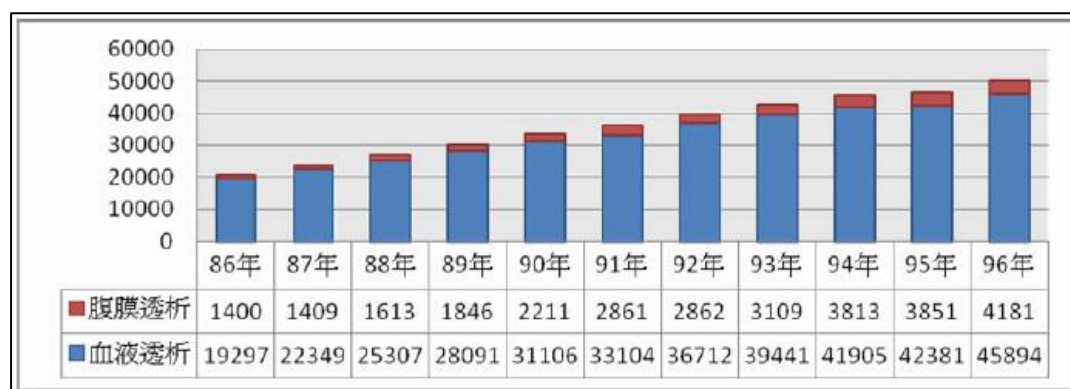


Figure 3. Hemodialysis and peritoneal dialysis patients' statistic from 1997 to 2007

II.3. The Definition of Social Interaction

The phrase "Social Interaction" was first used by Max Weber, a German sociologist in the 19th century. Social interaction means that two or more individuals interact with others not only by body contact, but also by things such as letters, cellphones, languages, and even nonverbal communication. No matter what ways humans use for communicating, they are all called "Social Interaction".

Social interaction can be divided into two types, positive and negative. Positive social interaction can be interpreted as attending activities frequently, having great self-esteem and self-affirmation. On the other hand, there are people who interact negatively; for instance, those who don't want to take part in activities. Suffering from diseases may lead to patients' physical decline and their action to be restricted. For these reasons, many patients choose not to interact in society. What's worse, the less the patients interact with others, the unhealthier it is for their bodies.

II.4. The Functions of Social Support

Social support is very important for maintaining good physical and mental health. Social support is a widely existing social phenomenon. It mainly consists of the connection between two or more people, and its result. By ways of social support, people can attain self-satisfaction. Besides, scientists believe social support has the effect of relieving stress and has become an important issue while regaining health.

Social support includes several fields, such as emotional support, functional support, substantive support, and so on. All of them are used to provide patients' emotional and physical care, and give the treatment and advice for substantive help. In terms of patients, the formal social supports are from doctors and nurses who give medical service; the informal social supports are from personal social networks such as families, relatives, and friends.

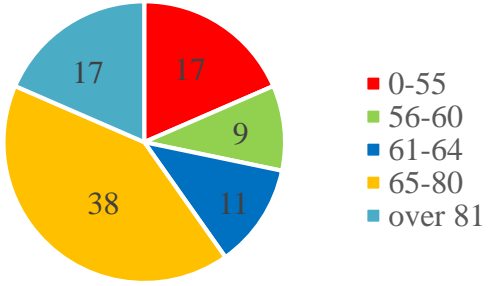
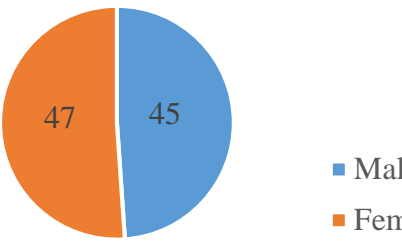
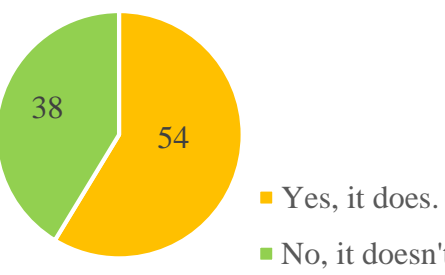
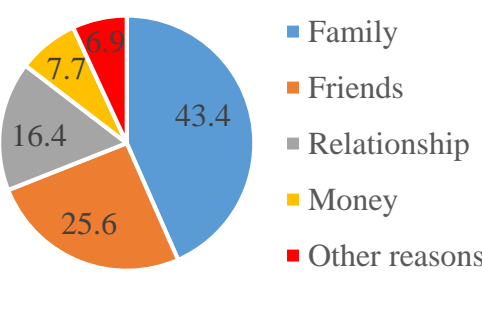
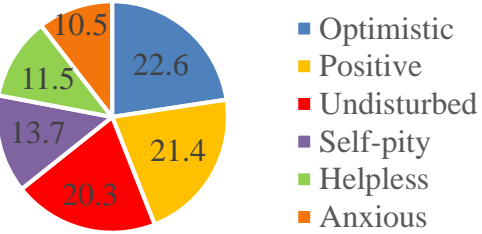
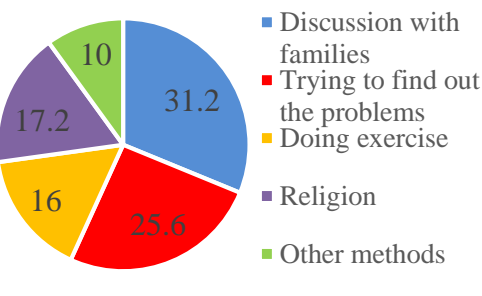
II.5. How Can Social Interaction Influence Hemodialysis Patients?

In Taiwan now, unless patients have the opportunity to transplant kidney, end-stage renal disease patients can't live without hemodialysis. However, their lifestyle and jobs often have to change because of hemodialysis. At least two days in one week, patients need to spend their day lying on a bed and doing the treatment for four hours. No matter how the weather is or what the date is, or even if there is a typhoon, patients still need to receive hemodialysis treatment. Due to the long-term nature of the treatment it may contribute to patients' mental and physical problems.

Some patients used to be homemakers. They were the ones who took care of everyone in the family. Nevertheless, after being told they needed to receive the treatment, this role changed. Forced to face these changes, patients may need to reduce the time they spend in social interaction. If the patients reject social interaction, they'll start to close in on themselves. Having an unhealthy mentality will indirectly affect their treatments' effect. The patients may think it is a problem of the treatment, so they may not be willing to receive the treatment. Finally, it becomes a harmful cycle.

II.6. The Figure of the Survey

Table 1. The Pie chart of Survey

 <p>■ 0-55 ■ 56-60 ■ 61-64 ■ 65-80 ■ over 81</p>	<p>Q1. Age Distribution?</p> <p>The data shows that 38 patients' ages are between 65 to 80, and 17 patients are over 81 years old. It means the age that receives hemodialysis treatment are mostly the elders.</p>
 <p>■ Male ■ Female</p>	<p>Q2. The Patients' Gender?</p> <p>In this group of 92 people, there are 47 female patients and 45 male patients. Most of them are married, and their children are adults.</p>
 <p>■ Yes, it does. ■ No, it doesn't.</p>	<p>Q3. Does the treatment affect their social activities?</p> <p>54 people considered that their social activities are influenced by hemodialysis treatment. As we can see time-consuming treatment will reduce the times of patients' social activities.</p>
 <p>■ Family ■ Friends ■ Relationship ■ Money ■ Other reasons</p>	<p>Q4. What are your pressures while receiving hemodialysis treatment?</p> <p>Most patients' pressures are from family, because their families are the closest to them. Therefore, many of them don't want to be a burden to their family. And their worries become more serious stresses.</p>
 <p>■ Optimistic ■ Positive ■ Undisturbed ■ Self-pity ■ Helpless ■ Anxious</p>	<p>Q5. How do you feel now you are faced hemodialysis treatment?</p> <p>Optimism and positive feelings are two main emotions that the patients have while receiving the treatment. But some patients still feel helpless and anxious.</p>
 <p>■ Discussion with families ■ Trying to find out the problems ■ Doing exercise ■ Religion ■ Other methods</p>	<p>Q6. What do you think is the best way to promote positive social interaction?</p> <p>Discussion with families is the most popular option the patients choose. Family members can always understand them and solve the difficulties with patients.</p>

II.7. The Method to Improve Social Interaction

Improving social interaction is not only helps patients gain self-confidence, but also helps to make them strong. To achieve this goal, the people around the patients need to help. I made a schematic diagram to help understand the study.

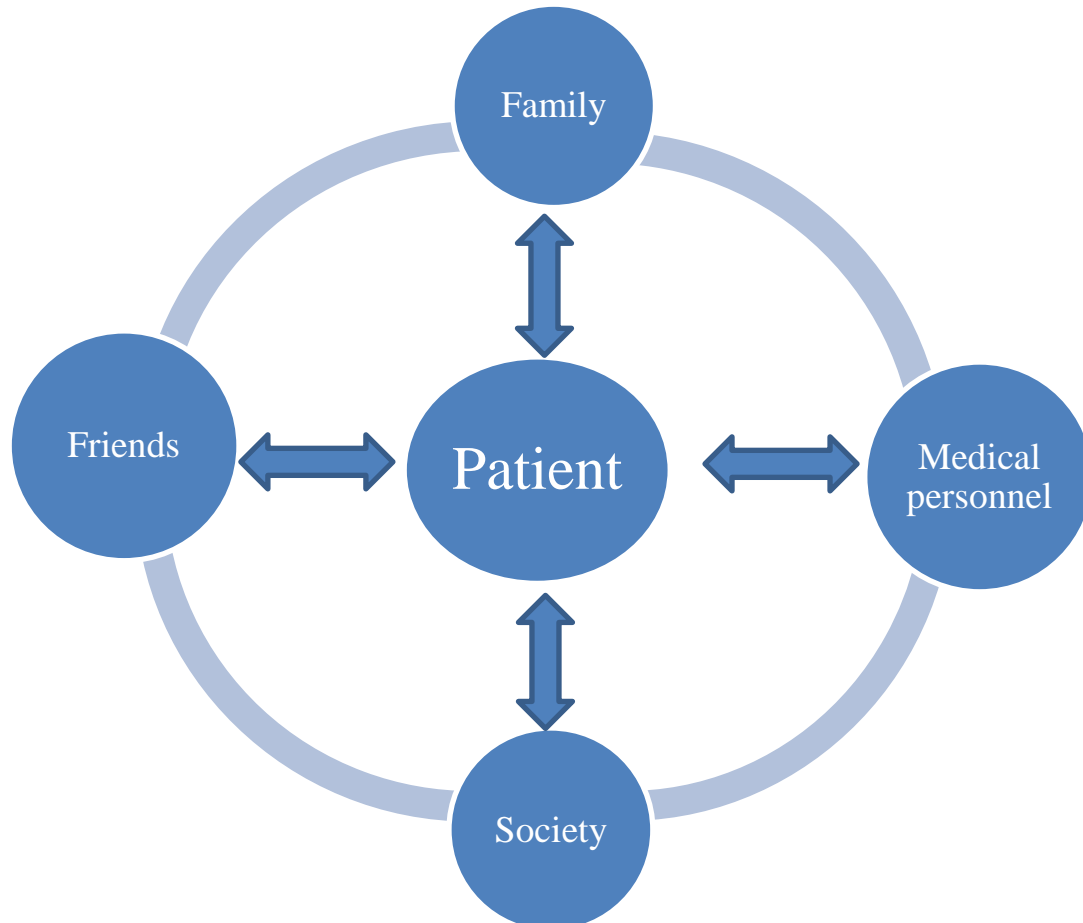


Figure 4. The Schematic Diagram of Improving Social Interaction

Families should often pay attention to patients' requirements. It can make them feel respected and cared for. The patients' friends can take advantage of the times that they don't need to receive the treatment and hang out with them. Even just having a chit chat with the patients still has positive effect on their health and their friendship. While the patients are receiving hemodialysis treatment, medical personnel give the patients a comfortable environment and this can increase their willingness to continue receiving the treatment. Hemodialysis patients should tell others what they need or share their feelings with others to let them know what they need. Everybody needs to work together to improve hemodialysis patients' social interaction.

III. Conclusion

In this study, I explored how negative social interaction could affect the patients, and suggested methods to improve positive social interaction. In the process of conducting this study. I collected considerable information from books, magazines, and the Internet. According to the results of the survey, we can easily understand how important positive social interaction is. As high school students we can't give medical suggestions, but we can show how we care about this issue. Not only do the patients' families and friends have to think about them, but also the entire society should pay attention to the patients and what they need.

The most common way that the patients choose to improve their positive social interaction is by discussion with their families. Because the families' members are the closest people to them, they are able to handle the patients' problems. And the families are the bridge between the patients and the medical personnel. With the families' suggestions, the nurses can turn the advice into the essential help when the patients are doing the treatments.

At the beginning of this study, the biggest restriction was that there was very little information I could get about this issue. Not many medical magazines had written about this topic, so it was difficult for me to finish this study. Because there aren't many details on record, it was also hard for me to know the reality of hemodialysis patients' life. Thanks to the survey, I could understand this problem better and had the correct data to support my views.

To sum up, because of the physical pain, hemodialysis patients may have some negative emotions that could indirectly impact on their social interaction and their relationships. I hope that I could make more people focus on this problem and remind them that love and care is important by doing this short essay.

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Appendix(附錄)

Hemodialysis Patients' Social Interaction Survey

問卷調查

I sincerely invite you to answer the following questions. Those results of the surveys are only used for education. Thank you for your cooperation.

(誠摯的邀請您回答以下問題。下列問卷調查的結果僅用於學術探討。感謝您抽空填寫。)

Q1. Age(年齡)

☐0-55 ☐56-60 ☐61-64 ☐65-80 ☐over 81 (81 歲以上)

Q2. Gender(性別)

☐Male(男性) ☐Female(女性)

Q3. After receiving hemodialysis treatment does it affect your social activities?

(開始接受血液透析治療後是否影響您的社交活動?)

☐Yes, it does. (是的，有影響。)

☐No, it doesn't. (並沒有受到影響。)

Q4. What are your pressures while receiving hemodialysis treatment?

(接受血液透析治療後您所面對的壓力?) (可複選)

☐Family(家庭) ☐Friends(朋友) ☐Relationship(感情)

☐Money(金錢) ☐Other reasons(其他原因：_____)

Q5. How do you feel now you are faced hemodialysis treatment?

(請問您現在以什麼心情面對血液透析治療?)

☐Optimistic(樂觀) ☐Positive(積極) ☐Undisturbed (平靜)

☐Self-pity(自怨自艾) ☐Helpless(無奈) ☐Anxious(焦慮)

Q6. Following the previous question, what do you think is the best way to promote positive social interaction?

(呈上題，您是透過什麼管道改善或想要如何改善?) (可複選)

☐Discussion with families. (向家人傾訴)

☐Trying to find out the problems.(嘗試了解問題所在)

☐Doing exercise.(運動)

☐Religion(宗教信仰)

☐Other methods(其他方法：_____)