

Session/Poster#

Presenter

A17

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Association Between Spirituality and Beliefs in Medicine in a Population of Inner-City Patients with CKD/ESKD

Spirituality plays an important role in many pts lives and may influence beliefs about allopathic medical care with potential implications for adherence.

A random sample of 28 dialysis, 39 kidney transplant, and 8 CKD pts in an inner-City community were surveyed regarding their spirituality.

Mean age was 59.6-14.6 yrs, with 58.6% males, 41.4% females, 80% identified as black, 67% foreign born. 74% of pts reported attending church or religious meetings a few times a month or more. 61% of pts sought out spiritual guidance in making daily decisions. 67% of pts stated that their spiritual views influenced their life. Pts who sought spiritual guidance when making decisions were more likely to have a negative view of medicines ($r=0.440$, $p=0.022$) Pts who spent more time in private religious activities were less likely to believe that medicine protected them (-0.497 , $p=0.004$), or that their health depended on medicines ($r=-0.505$, $p=0.005$). Pts who sought spiritual guidance believed doctors used too many medicines ($r=0.409$, $p=0.12$), natural remedies were safer than medications ($r=0.372$, $p=0.028$), and medicines did more harm than good ($r=0.460$, $p=0.005$). Dialysis pts who reported spirituality having an influence on their life were more likely to believe that dialysis is harmful ($r=0.424$, $p=0.031$). There was no significant correlation between spirituality and reported medication adherence or foreign birth.

In our Inner-City population: The majority of pts reported frequent attendance at religious meetings and felt that spiritual views influenced their daily lives. Pts who were more spiritual were more likely to have a negative view of medications, to be less likely to believe that they were helpful, that their health depended on them and more likely to believe they did more harm than good and that natural remedies were safer. Partnering with local spiritual leaders may be helpful in promoting understanding and adherence to medical therapies in similar populations.