

# **Experiences of Chronically-ill Kidney Patients and Caregivers**

**A Dissertation**

**Submitted to the M. Phil. Program in Sociology**

**Central Department of Sociology, Tribhuvan University in the partial Fulfillment of the  
Requirements for the Degree of Master of Philosophy  
in Sociology**

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**2021**

## **Declaration**

I, hereby, declare that the discussion entitled “Experiences of Chronically-ill Kidney Patients and Caregivers “ completed and written by me has not previously formed the basis for the award of any Degree or other similar title upon me of the this or any other University or examining body/

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## **LETTER OF RECOMMENDATION**

This is to certify that the dissertation entitled "**Experiences of Chronically Ill Kidney Patients and Caregivers**" was prepared by **Mrs. Radhika Devi Dahal** under my supervision and guidance. I, therefore, recommend this dissertation for final approval and acceptance by the M. Phil. Program in Sociology, Central Department of Sociology, Tribhuvan University, in fulfillment of the requirements for the Degree of Masters of Philosophy in Sociology.

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## LETTER OF APPROVAL

This dissertation entitled "**Experiences of Chronically Ill Kidney Patients and Caregivers**" was submitted by **Mrs. Radhika Devi Dahal** for final examination by the M. Phil. Program in Sociology, Central Department of Sociology, Tribhuvan University, in fulfillment of the requirements for the Degree of Masters of Philosophy in Sociology. We, hereby, certify that the dissertation is satisfactory and is, therefore, accepted for the degree.

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## **Abstract**

Health is the balanced state of physical, mental, emotional, psychological, economic and social status of a person. Therefore, the government attempts a lot and invests huge amount of money in making people healthy. However, people suffer from multiple diseases and the society is contributed adversely due to chronic illness of its members. While becoming ill, a person performs the sick role, which the society anticipates, but on the flipside the caregivers have to suffer indeed. This dissertation therefore focuses on exploring not only how chronically-ill kidney patients feel, but also digs the inner surface of the caregivers and brings out their experience. In other words, this dissertation explores firstly the experience of bed-ridden kidney patients, and secondly narrates the experience of caregiving. One renowned hospital in the Kathmandu valley is chosen in order to identify the kidney patients, and to collect data from them. Equal size of caregivers was also chosen as respondents, a total size of sample therefore reached 30. Key methods of data collection applied for this research was in-depth interview and observation. The dissertation explores that the life of kidney patients was highly terrific, while the experience of caregiving was also not less painful than those that are living with chronic kidney disease. Kidney patients were found worried of death while caregivers were stressed by financial burden and damaged career prospects. More interesting is that the relationship between kidney patients and caregivers was unbroken despite kidney disease being expensive and caregiver-demanding illness.

## **Abbreviations**

AIDS= Acquired Immunodeficiency Syndrome

BA= Bachelor of Arts

CDC= Center for Disease Control and Prevention

CKD= Chronic Kidney Disease

DOHS= Department of Health Services

DON= Department of Nephrology

GON= Government of Nepal

HIV= Human Immunodeficiency Virus

MOHP= Ministry of Health and Population

NCD= Non-communicable Disease

NHRC= Nepal Health Research Council

NKC= National Kidney Centre

SLC= School Leaving Certificate

TUTH= Tribhuvan University Teaching Hospital

UGC= University Grants Commission

WHO= World Health Organization

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