

## **Hope in End Stage Renal Disease: Concept Analysis**

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### **Abstract**

**Background:** Poor prognosis and lifelong treatment of End Stage Renal Disease (ESRD) is considered a life threatening and frustated life event. Hope is an essential and important component in nursing, especially in ESRD patients which has not been satisfactory explored. **Objective:** The purpose of this article is to (1) elucidate the concept of hope and operational definitions that are used to define and measure hope among ESRD patients, (2) identify critical attributes of hope in ESRD patients by illustrated case. **Method:** 10 research papers have been reviewed conducted using PUBMED and Google Schoolar online databases. Hope in ESRD and hemodialysis patients were used as essential key words. **Result:** The result identified several definitions of hope from many literature. Antecedents for hope including spiritual belief/practice, goals, optimism, comfort, caring, intepersonal relationship (communication), perceived support, self-esteem, uncertainty. Consequences for hope in ESRD are the ability to generate plans to achieve goals, positive expectation, coping and resilience. **Discussion and conclusions:** Hope is a complex concept because of its contribution to other concepts and various definitions that used in general for all patients without specify definitions. Hope as a concept is highly individualized and complicated. Hope implies positive wishes of individuals and their belief in changes for better. **Suggestion:** as a holistic nursig care, a nurse have to explore not only physical factor in ESRD patients but also the psychological factor like hope for maintaining their quality of life.

**Keywords:** End Stage Renal Disease : End Stage Renal Failure : Hemodialysis : Hope

### **Introduction**

End Stage Renal Disease (ESRD) is one of the non communicable diseases with the second largest medical cost Indonesian Government mush borne after heart disease (Kemenkes, 2018). Most popular treatment of ESRD in Indonesia is hemodialisis. The active hemodialysis patients in Indonesia 2016 almost 52835 then increase up to 77892 in 2017 (Indonesian Renal Registry, 2018). Hemodialysis must be carried out during a lifetime by ESRD patient and sometimes it's impact on their bio-psycho-sosio-spiritual conditions.

One of psychologic impact on ESRD is decreasing their level of hope (Bayoumi & Alwakeel, 2012), (Ghadam et al., 2015). Hope is an important component on chronic patients like ESRD because it will impact on their quality of life (Mollaoglu, 2016). Hope defined as an internal strenght and role to play in increasing ESRD ability in survive, improving their quality of life, help people through the

healing process, help pepople for accepting their condition and increasing coping mechanism (Abdi & Asadi-Lari, 2011), (Poorgholami, Abdollahifard, Zamani, Kargar Jahromi, & Badiyepeyma Jahromi, 2015), (Herth, 2014).

This concept analysis made using Walker and Avant method (Russell, 2016). Goal of this concept analysis are to identify theoritical definition and operational definition for describe the definition of hope and instrument for measure the level of hope, indentify critical attributes of hope, antecedents and consequences of hope in end stage renal disease.

### **Methods**

Concept analysis method was developed by Wilson (1969) then refined by Walker and Avant (1995). The articles used in this analysis concept were obtained from Google Schoolar, Pubmed and Science Direct. The keywords used in data search are: hope, end-stage renal disease and hemodialysis. The literature taken is the full text literature published in 2009-2019. The

exclusion criteria used are book reviews, articles that are not full. The inclusion criteria used are articles written in English, discussing the concept of hope in PGTA patients who undergo hemodialysis, the main outcome is hope, research in the field of nursing.

Based on data search using keywords: end stage renal disease, end stage renal failure, hemodialysis, and hope, 178 articles were found. However, after a review based on title, abstract, content, researching duplication, adjusting to inclusion and exclusion criteria, 9 journals were used in this concept of analysis. 2 articles use the correlation test method, 3 articles use the cross sectional method, 1 qualitative article with in-depth interviews, 2 articles quasi-experimental, 1 article RCT.

## **Results**

### **Definition of Hope**

Hope according to Indonesian dictionary language is a form of things that can be expected and is a desire to become a reality ("Arti kata harap - Kamus Besar Bahasa Indonesia (KBBI) Online," n.d.). Hope as a noun according to the Oxford dictionary is a belief that is always related to positive expectations regarding good things in the future ("hope | Definition of hope in English by Oxford Dictionaries," n.d.). Collins' big dictionary defines expectations (nouns) as expectations of the future and interests or desires to take action. As a verb it is interpreted as expecting or expecting. Hoping something real happens in their lives and believing that it might happen ("Hope definition and meaning | Collins English Dictionary," n.d.)

### **Theoretical Definitions of Hope**

The concept of hope has been defined and described by several authors. Each writer has different descriptions so that there is no single description of expectations. According to Hind (2008) taken from (Nweze, Agom, Agom, & Nwankwo, 2015) hope is the expectation of the future supported by high optimism and hopeful feelings. According to Stephenson hope is an anticipation process that consists of interaction

thinking, roles, feelings, relationships, and directly related to a meaningful future (Redlich-Amirav, Ansell, Harrison, Norrena, & Armijo-Olivo, 2018). Snyder and Feldman (2000) state that hope is a person's focus on a goal in his life. Hope is always related to self focus and is influenced by social support from around. McGeer (2004) states that the key to hope is a positive view or expectation of a future that focuses on oneself and others. In line with Pretto et al (2011), states that expectations for self, others, social are described in terms of good things related to individual views for the future (Howell & Larsen, n.d.). Hope defined by Stotland (1969) as the perceived probability of success in obtaining a goal. Hope is psychodynamic force in relation to other factors such as motivation, achievement, and goal attainment (Altmaier, 2019).

### **Hope In End Stage Renal Disease**

The concept of hope has been studied intensively especially in psychology. But there is a lack analysis for the concept of hope in nursing especially in End Stage Renal Disease Patient with Hemodialysis. However, hope is an important component in nursing because it causes the quality of life from the patients (Davison & Simpson, 2006). Hope was identified as a primary source of motivation for patient with end stage renal disease for increasing their quality of life. Hope is one of predictor factor from quality of life (Malik & Mazahir, 2015). Patient's hope were personal, highly individualized, complex and multifaceted. Patient's hope were shaped by their values, reflecting what was important to them, correspond with their views of themselves, their spirituality, and their relationship with others. Hope was a central to the process of advance care planning for patients. High level of hope help patients for determine their future, goal of care, perceived benefits of facilitated advance care planning and get the willingness for discussion about end of life care plan (Davison & Simpson, 2006). Hope also define as a major factor for releasing stress,

reduce anxiety and depression and increase the number ways to cope with stress because of physical or psychosocial complications (Poorgholami et al., 2015).

Table 1: Conceptual Definition of Hope in End Stage Renal Disease

Author(s)	Definition
Snyder (2002)	Hope comprises as an active cognitive process of belief in one's capacity to produce goals, as well as goal-directed determination and positive sense of planning to meet goals. The component of hope are goals, agency and pathway.
Miller (1989)	Hope is internal source, has a relationship with the future expectations, purpose and affects a person's behaviors.
Dufault and Martocchio (1985)	There are two types of hope : particularized and generalized. Particularized of hope is associated with specific goals or objects, generalized hope is intangible inner experience of hope that is not connected to any specific goal or object.
Herth (1993)	An individual's dynamic inner capacity that enables transcendence of the present situation and fosters a positive new awareness of being.
Stotland (1969)	The perceived probability of success in obtaining goal, psychodynamic forces in relation to other factors, such as motivation, achievement, and goal attainment.
Owen (1989)	A dynamic process influenced by changes in the life situation and unique personal experience.

### Measurement of Hope

Hope is important variable which indicates increased life expectancy among elderly individuals undergoing hemodialysis (Orlandi, Pepino, Pavarini, dos Santos, & de Mendiando, 2012). Some researchers have postulated that hope is effective for increasing coping and decision making, hope has a protective function against the physiological and psychological stress of the illness. Hope related to self-care ability of the patients, increased spirituality and

encourages one to act and proceed through life for getting mental and life well being (Ottaviani et al., 2014). Because of the vital element of hope in patients life, researchers and scientists have an interest in hope and developed the instruments to measure the concept of hope.

Table 2: Hope Measurement Instruments in End Stage Renal Disease

Scale	Scale Description	Reliability and Validity
Adult Hope Scale (AHS)	- 12 items, four of them assess pathway thinking, four interrogate about agency thinking, and for are fillers. - Each item rated using 8 point scale, definitely false to definitely true.	- Chronbach alpha .03
Miller Hope Question naire	- 48 statements - Likert scale (1-5) from strongly disagree to strongly agree. - Score from 48-240.	- Chronbach alpha .81
Basic Hope Inventory (BHI-12)	- 12 items - 5 point likert scale	- Chronbach alpha .82
The Trait Hope Scale	- 12 items self report - 8 likert scale from definitely false to definitely true - Score from 8-64, higher scale indicate higher level of hope	- Chronbach alpha .74 - .78
Herth Hope Index	- 12 items - 4 point likert scale, 4 indicates totally agree and 1 indicates totally disagree - Score from 12-48, higher score means higher one's sense of hope	- Chronbach alpha .87

### Determine the Defining Attributes

Attributes of hope are optimism, goal directed determination and ability to generate plans, focus on the future as being timely oriented, energy which is action directed, active involvement in particularized dimensions,

anticipation looking forward to a good future and expectation of a positive outcome.

Optimism is one of the attributes of hope defined by oxford dictionary (2008). Optimism means overall tendency to believe that vivid experiences will lead to good result rather than bad ones. Having high level of hope means having a good optimism. Its good for patients especially people with hemodialysis for always optimis face their condition (Schiavon, Marchetti, Gurgel, & Busnello, 2017).

Snyder stated that hope is considered about person ability to achieve their condition and focus on their goal. People with high level of goal have to describe their structured goal plans for getting their goal, agency and pathway (Orlandi et al., 2012).

Martocchio explain that hope is a good expectation about their future. People will be anticipated looking forward to a good future and an expectation of a positive outcome (Cutcliffe & Kaye, 2014)

#### Construct a Model Case

According to Walker and Avant, a model case include the entire critical attribute and can be seen as paradigmatic example. A model case constructed to illustrate the concept of hope in End Stage Renal Disease patients. The relationship of each to the attributes of hope is discussed at the end of each case example.

Mrs. C 36 years old, female, diagnosed with End Stage Renal Disease, doing hemodialysis therapy 2 times a week, she has been doing hemodialysis for 5 years. She often complains of being short breath and feet are always swollen. She realized that she had to do liquid and food diit, but she can't do that well. She never give up and always try to be obedient. She make a note in her book about drink and eat schedule, how much she has been drink. She believe that someday she can be cooperatif and adapt with her condition. She said that she is fine, she just hope she can face this periodic of sick well. She always thanks to God, she still alive and have a good family who always support her. She always try to listen to the doctor and nurse and

do what they said. In the future, she hope that she can look her child happy, success and always healthy enjoy their life.

This case shows the following critical attributes of hope: goal, good expectation for the future, future plans, optimism, finding peace and energy.

#### Borderline Case

Mr. J who is 40 years old, male, diagnosed with end stage renal disease since 2 years ago, hemodialysis 2 times a week, come to the hospital for doing hemodialysis treatment. He said that he was routine doing the hemodialysis treatment and still working in his condition. He told that sometimes he felt hopeless because of his condition but he know that he must said thanks to God, he still alive and have a good job, have a good support system from friend and family. Cases in borderline contain most of the attributes of the concept but not all of them (Basis, n.d.). In this scenario Mr. J has only a good optimism about their condition after diagnosed ESRD, so he failed to adapt to the potential limitation that may be imposed by the illness. However he always said thanks to God because he have a good support system from his family and friend, still alive and get a good job.

#### 1. Related Case

According to Walker and Avant, related case are similiar to the concept but do not contain the critical attributes. Ms. K, 20 years old, diagnosed ESRD since 3 months ago, come to the hospital for hemodialysis. Ms. K told that she was angry about her diagnosis. When people asked about her feeling face the treatment, she just said "i don't know" and she showed that she was still denial about her condition.

#### 2. Contrary Case

Mrs. S, 50 years old, come to emergency room because he felt out of breath. Her IDWG more than 2kg because she never listen to her doctor and nurse for taking liquid diit. According to the patients, she knew that she was going to die soon because of her condition. She couldn't enjoy her food, never can enjoy her life, separated from their family and friends. She

often saw her friends die because of her disease. Her father died also because of kidney failure. This review show that Mrs. S felt hopeless. Contrary with the concept of feeling full of hope. Contrary case is a sample of case where there is no concept in the case. Hopelessness is a polar opposite of hope that represents the contrary case.

### 3. Identify Antecedents and Consequences

Antecedents is events that must occur prior to the occurrence of the concept. The predictors that affected hope also called as an antecedents. The antecedents of hope among end stage renal diseases are pain, mood status, performance status, stress and anxiety. Pain interference with daily life was significantly correlated with performance status, stress, anxiety, mood and the level of hope. Bad news about their condition also impact on their mood, anxiety, stress, performance and pain (Poorgholami et al., 2015).

Spiritual beliefs promote the patients ability to adjust with internal and external stressors such as being diagnosed with End Stage Renal Disease. Spirituality and religiosity also related to ones's coping strategies to deal with everyday hardships. People with end stage renal disease often faced the experience of frustration and depression. They need high spirituality to maintenance their hope and not become hopeless (Ottaviani et al., 2014).

People in chronic condition like end stage renal disease need a good communication from care providers or people around them. Good communication, clear diagnosis, health locus control related with optimism and hope among end stage renal disease patients (Bahmani, Motamed Najjar, Sayyah, Shafi-Abadi, & Haddad Kashani, 2015).

Uncertainty about diagnosis or prognosis in chronic diseases especially in end stage renal diseases is one of the major experiences that patients must challenge. Uncertainty will increasing the anxiety and depression then related to level of hope. People with end stage renal disease have to face many condition which

will change everytime. They have to obey to the diet and always come to hospital two times a week but they know that they can't healed (Zegarow et al., 2014).

Patients hope were personal, highly individualized, complex and multifaceted. They were personalised to correspond with their views. Their personality and negative or positive experiences in the past influenced their level of hope (Davison & Simpson, 2006).

### 4. Consequences

Consequences are identified as those events that result from the occurrence of the concept. The consequences or events that occur as a result of hope in end stage renal disease are coping, quality of life, self care ability, the individuals express confidence for their future, belief that what is hoped for is possible.

Hope and coping are complicated concept in nursing. They are affecting each others. hope can be indicated predictor of coping but also hope can be outcome from coping. Both and coping are the important component for increasing participation in the advance care plan (Davison & Simpson, 2006).

High level of hope related with high quality of life, life satisfaction and self care ability of end stage renal disease patients. Basic hope understood as a general belief, meaningful, favorable to people and influence to how people react for their condition, adaptation ability and the construction enduring element of personality. Good adaptation will increasing people satisfaction of life and purpose in life. Good expectation and purpose in life will improve self care ability and construct a good quality of life (Poorgholami, Mansoori, Montaseri, & Najafi, 2016), (Malik & Mazahir, 2015).

### 5. Define Empirical Referents

According to Walker and Avant, empirical referent is the representation of the categories of the actual phenomenon that their existence or presence demonstrated the occurrence of the concept. Empirical referents very useful in instrument development and contributing to content and construct validity of any new instrument. The majority of existing

measurement tools for hope have been used primarily in the end stage renal disease patients. Focus of the tools on goal setting, pathway or agency but there is no tools focus on spiritual well being, focus on pediatric or kids with end stage renal disease. Need more research for improving the tools of hope especially in end stage renal disease patients.

## **Discussion**

This concept analysis provided an analysis about hope by presenting the definitions of hope, antecedents, consequences and critical attributes of hope. Hope is a human phenomenon and clearly relevant and important to chronic illness patients like end stage renal disease. People in chronic illness condition will face unpredicted and uncertainty condition. This unpredictable condition will make them have a bad quality of life (Lai et al., 2018). Hope generally is a desire that an individual anticipates for achieving a good future, focus on goal setting, pathway and agency as a basic component of hope (Altmaier, 2019).

There are many tools for measure the level of hope. Herth hope index defined hope as a multidimensional concept constructed of relationship, emotions, cognitive behavioral, spiritual and contextual aspect. Hope is something that flexible, so hope should not be explained using only one models or definitions but the meaning of hope must explain clearly. Identification about instrument to measure hope is needed to determine the baseline for treatment and evaluate the effect of a certain intervention (Redlich-Amirav et al., 2018).

The result of this concept analysis focus on factor that affect, influence and predict hope among end stage renal disease patients. Hope is individualized and complex concept. Development of the concept of hope, intervention and program to measure hope is needed especially in nursing areas. Further research are recommended to explore good impact of others factor such as socioeconomic, well

being, prognosis and level of hope in end stage renal disease patients.

## **Conclusions**

Concept analysis help to provide the meaning or understanding the concept of hope for future research. Hope is viewed as an emerging concept where a detailed knowledge about the concept is available but further reasearch is needed in order to establish its use in nursing practice setting. Hope is future oriented, identifying goals based on feeling about life. Hope is a complex concept because of it's contribution to the others concepts. Further research about hope in nursing is needed for improving this concept in nursing.

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