

# Working in the last 6 months before haemodialysis is associated with a better survival

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Employment is a key determinant of quality of life for all people, including haemodialysis patients. Employment offers social support and improves patients' lifestyle, financial status, quality of life, and self-esteem, whilst unemployed people often face financial and social difficulties as well as physical and psychological problems. Unemployed people may spiral into a deep depression, sometimes accompanied by alcohol and drug abuse.

"Therefore it is important that [patients](#) with [chronic kidney disease](#) can maintain the work, especially when they reach the stage of end stage renal disease and are in need of dialysis treatment", explains Professor Alberto Ortiz, editor-in chief of *CKJ*, in which an interesting study has been published today. It analysed the [employment status](#) of 496,989 US patients initiating maintenance haemodialysis from 2006-2015—with alarming results:

26% (n=129,622) of patients were employed 6 months prior to dialysis initiation—but this dropped to only 15% when dialysis treatment was initiated. It is not surprising that patients who were older and had more comorbidities were less likely to maintain employment, but there was also a social dimension: Females, Hispanic, African Americans, and people living in low-income zip codes lost their jobs more often.

The study showed that being made redundant was associated with mortality: Compared to those who were employed from 6 months prior to dialysis initiation, people who became unemployed in this phase had a significantly higher death rate ( $p$

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