

# Arteriovenous Fistula: Self Care

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## Introduction

In Chronic Kidney Disease (CKD) exist progressive and irreversible loss of renal function. The most frequently used treatment is haemodialysis, which is a complex and specialized process that requires the adequacy of the materials and equipment, technical-scientific competence of the healthcare professionals and the essential care of the patient. Depends also directly on the presence of an efficient vascular access.

Vascular access can be considered the survival line of the person with CKD. To ensure that it remains in good condition, specific care is needed. The nursing team that is directly involved in patient care should encourage self-care.

## Objectives

To analyse and describe studies that provide a better understand of the guidelines of good practice of self-care for Arteriovenous Fistula (AVF).

## Methods

Systematic review of the literature, including three published studies in which participants are individuals who undergo haemodialytic treatment.

## Results

The literature review was carried out in October 2017 on the databases the google scholar and ScieELO. From a total of 10 articles (published between 2006 and 2016), 3 were selected after a complete reading. The remaining articles didn't meet the intended objectives.

Adequate care of the AVF requires constant attention. Therefore, the patient should be aware of the care he should take with the fistula, since these studies show that people feel motivated but because of lack of knowledge they do it wrongly or that although they have knowledge about the need to develop these activities and already practicing, this is a parameter that can still be improved.

## Conclusion

The results of these studies show that it has a great importance for healthcare professionals to involve the patient in the treatment process and to transmit all the information related to the self-care of AVF, enabling the patient to promote a change of behaviour in order to acquire healthy styles.

## References

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Picture 1: Self care with vascular access

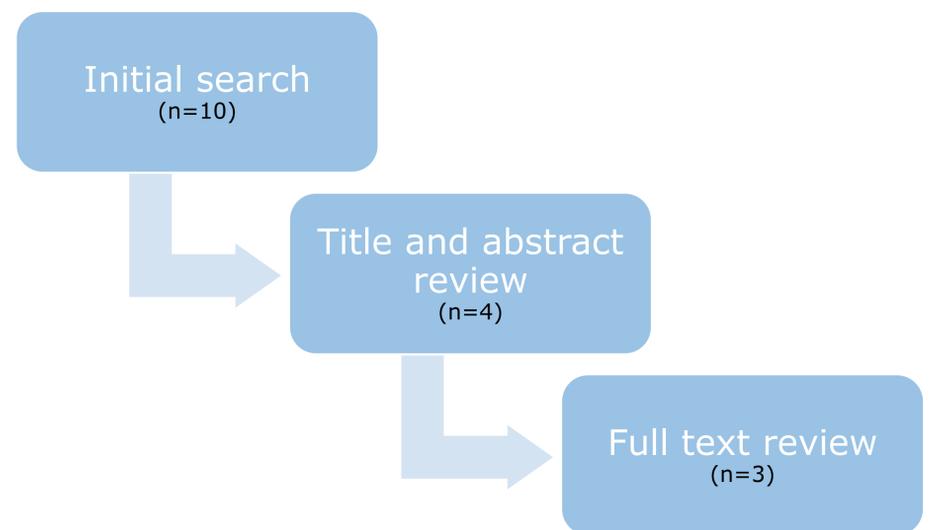


Figure 1: Pathway of articles analysis