

# Patients self-care as promoter of quality of life: a case study

Tânia Galhofas<sup>1</sup>, Guida Pinto<sup>1</sup>, Ricardo Peralta<sup>2</sup>, Bruno Pinto<sup>2</sup>, João Fazendeiro<sup>2</sup>

<sup>1</sup> Fresenius Medical Care, NephroCare Torres Vedras, Torres Vedras, Portugal

<sup>2</sup> Fresenius Medical Care, NephroCare Portugal, Porto, Portugal

## Introduction

Nowadays, there is a gradual increase in the number of people, growing older, with chronic kidney disease (CKD) for whom there is no other option of vascular access than the implantation of a long-term or even definitive central venous catheter (CVC). If on one hand we are faced with a shortage of vascular patrimony, on the other hand we have seen an increase in the number and severity of associated comorbidities, which we consider to be contributory factors for this reality. So, some patients' end up being prisoners to definitive CVC without a solution in sight, compromising their quality of life, well-being, independence and social interaction.

## Objectives

- Understanding how self-care in patients with a definitive CVC can increase their quality of life, well-being and independence;
- Identify some ways to promote self-care in users with CVC.

## Methods

A retrospective clinical case study of critical analysis was carried out, focusing on the personal clinical history of a patient, from the start of haemodialysis to the present day. Descriptive data characterizing the reality in a complex and contextual way obtained through medical and nursing team records registered in a central database and through information collected from the patient.

Estado	Data da Criação	Data 1ª Utilização	Falência do Acesso em	Posição Anatômica	Tipo de Acesso para Diálise	Estado
Efectuado	14/02/2010	14/02/2010		Jugular Intern...	Cateter Hemo...	Em uso para...
Efectuado	15/12/2008	14/01/2009	12/02/2010	Antebraço ter...	Prótese	Não usado ac...
Efectuado	11/12/2008	11/12/2008	16/01/2009	Femoral direita	Cateter Hemo...	Não usado ac...
Efectuado	10/10/2005	30/11/2005	10/12/2008	Braço esquer...	Prótese	Não usado ac...
Efectuado	21/11/1995		15/01/2003	Antebraço es...	Fistula Arterio...	Não usado ac...

## Vascular accesses history



## Patient care in the Unit

## Results

The patient under study is 38 years old, female, caucasian and retired due to disability. She was born with spina bifida and it was in this context that the current disease emerged. She has been on regular haemodialysis (HD) program since the age of 15. Since the beginning of the treatments, we have recorded five different vascular accesses (VA), of which the current one is a long-term CVC since 2010. Informally, we began an health education program in order to stimulate VA' self-care, since the patient expressed a desire to preserve her autonomy, despite her limitations, and to maintain the quality of her fundamentals of care, namely hygiene care. After evaluating the abilities and the motivation of the patient for the task, regular training was initiated. Clinical disposables were made available for the patient to perform her own CVC dressing care whenever necessary. The monitoring process was continuous throughout the treatments. During these 8 years the patient did not present any complication related to the CVC and demonstrated improvement of the quality of life.

## Conclusion

Self-care is an essential tool for the motivation of patients with long-term CVC in a regular HD program, since it promotes the improvement of their quality of life, well-being, independence and relationship life. The results were positive, demonstrating that there were no cases of associated complications, namely infections. Therefore, given the results obtained through this work and considering the frequency with which patients arrive to our clinic without other vascular access, we realize the need to develop a project that consists on a intervention protocol so that we can include all patients with CVC who demonstrate motivation and ability to invest in improving their quality of life, well-being, independence and life of relation through active participation in care.