

INTRODUCTION

One of the most important roles of hemodialysis nurses/technicians is making sure that patients and their relatives are educated about the treatment. The main goals of these educations are to accomplish patient's adaptation to the treatment, improve patient's life quality and to achieve successful dialysis treatment.

AIM

To compare (i) the knowledge level of the patients who started treatments in 2018 and used hemodialysis education kit to the former patients who received standard education and (ii) evaluate the effects of educations in clinical and lab results.

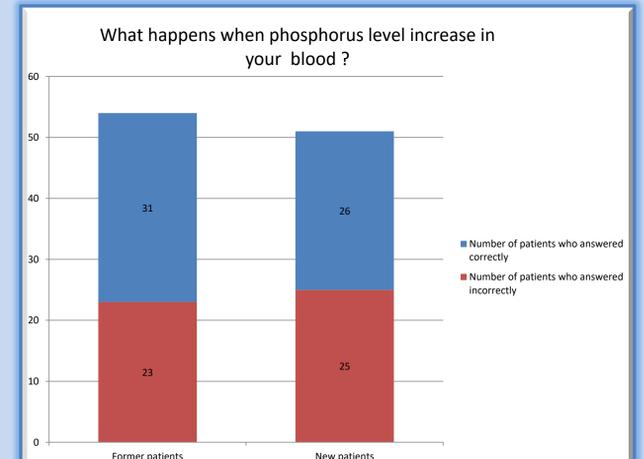
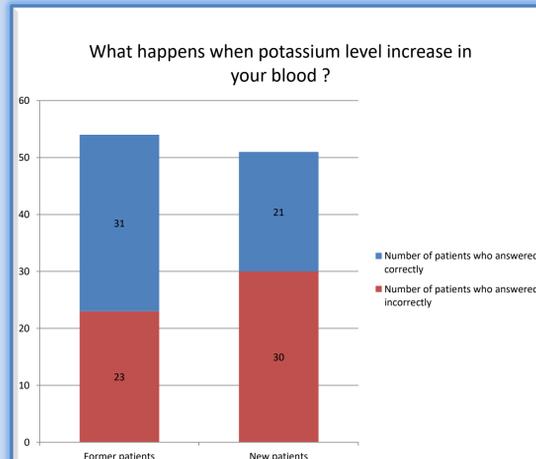
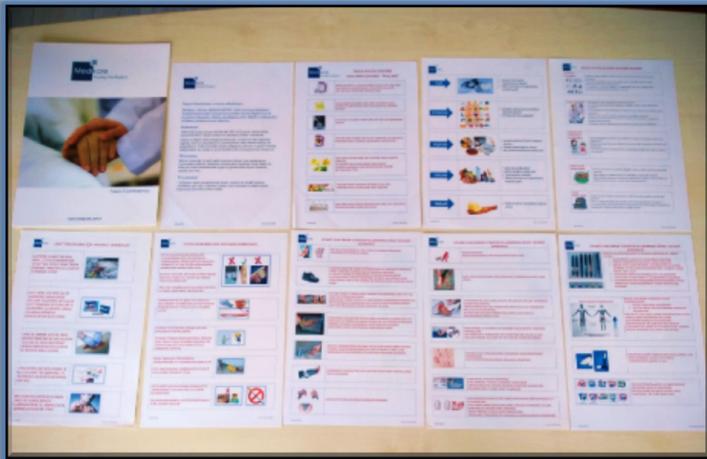
METHODS

We prepared a haemodialysis education kit using a simple language and visuals that patients and their relatives can understand.. The education kit contents information on vascular access pathway care, fluid intake, nutrition, potassium and phosphorus-rich foods, complications of hypervolemia-hyperphosphatemia- hyperkalemia, diabetes and insulin use, diabetic foot care, storage and use of drugs, living and travel on haemodialysis. The all patients who started treatments in 2018 and relatives trained with hemodialysis education kit.

All participants answered to hemodialysis knowledge level test (15-questions) and filled-up socio-demographic information form. Interdialytic weight gain, potassium and phosphorus levels were compared between the groups. Percentage (%) frequency, Chi-Square test was used for the analysis in SPSS V15 software.

RESULTS

- A total of 105 patients, ages 56-65, were participated in the study.
- Participants were mostly primary school graduates.
- Hemodialysis treatment period for the majority of the participants was 1-5 years.
- There was no difference regarding the knowledge levels between the patients in the experimental (n=51) and control (n=54) groups.
- The knowledge levels of both group were considerably high, interdialytic weight gain was within the intended limits,
- While potassium levels were found to be higher than expected,
- 60% of the patients had the targeted phosphorus levels, in both groups,
- Hemodialysis knowledge level test results showed that patients from both groups can recognize potassium rich foods but cannot adapt this information into their diets,
- Patients from both groups have expressed that they did not know the complications caused by high potassium and phosphorus levels.
- It has been observed that patients in the experimental group could adapt to the treatment faster.



CONCLUSION / APPLICATION TO PRACTICE

Many studies in literature shows that most of the haemodialysis patients are uncautious to their diets, medical treatment and liquid intakes. Especially in new patients unstable clinical status, vascular access problems and psychological status prolong the adaptation process. This study concluded that appealing education methods accelerates patient's adaptation period to treatment. However, another situation that draws our attention in this study is; Despite all the trainings, patients from both groups have expressed that they did not know the complications caused by high potassium and phosphorus levels. This result made us ask that question; Do patients really not know the complications of hyperphosphatemia and hyperkalemia? Or do they know the complications, but do they use defense mechanisms in the form of psychological denial and repression? How often should the psychopathological status of the patients be evaluated? It may be new investigation topic on haemodialysis patients.

There should be periodic evaluations to check the effectiveness of both the educations and the education methods. Improving the weak points should be the main consideration in developing the most effective education method.

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