



Smile again to life

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Introduction

➤ Psychosocial disorders are common among dialysis patients. These problems affect quality of life, and may cause severe depression. We describes here a case of hemodialytic patient who was usually optimistic with internal motivation and all the sudden became nervous, aggressive, lonely, and unmotivated

Research Objectives

➤ The present study was designed to empower this patient and return his self-confidence.

Patients & Methods

- A 64 years old patient treated by hemodialysis for the last 10 years due to diabetes mellitus-induced ESRD. Until recently, the patient was independent. A year ago we notice a deterioration in his psychological situation as was evident by distress signals like pain without a specific complain. Nursing staff decided to deal with patient in a holistic way:
- 1- Interview the patient; 2- Using (cards) tool that was developed by Sanofi Company, Tal Center and Nephrologists Nurses Association, Israel. The tool is constructed of 9 cards that included various subjects (dietary, checkup drinking, diabetes mellitus, medications, healthy quality of life, sexuality, dialysis, and” Goker“). The patient was asked to choose one card attracted to, hopefully will help him to deal successfully with this subject; 3- Eight meetings between the nurse and patient, to monitor the application and impact of the plan

Results

- The patient choose the card “Goker“ that he succeeded through it to talk about difficulties of marital life including change of roles in the family, that caused deterioration of his psychological situation.
- The patient succeeded every week to make changes in his behavior and to see the healthy aspect inside himself, as was noticed by his nurse. In the last meeting the patient showed signals of relaxation, control and optimality both in his behavior and his complaints.

Summary & Conclusion

- The tool of patient empowerment has taught both, the nursing staff and mainly the patient how to discover the healthy site inside himself. It gave him the ability to cope, make changes and to succeed by assimilation healthy life style.