



# Development and implementation of a hemodialysis initiation program

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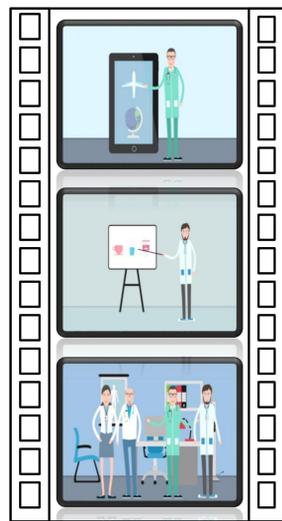
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## Introduction

- ❖ Chronic hemodialysis treatment is stressful to the patients and their families.
- ❖ New patients may be confused and due to their emotional status, they may have difficulty in absorbing the considerable amount of information they need to assimilate.
- ❖ To achieve successful and full integration of the patient and his/her family in the dialysis unit, an organized patient-oriented educational program is required.
- ❖ Such program would aim to reduce stress levels, ensure patient's safety and create mutual trust and cooperation between the patient and the caring staff.
- ❖ Dividing an educational program into four sessions and adding visual aids can improve comprehension, enable clarifications, and make the initiation into the dialysis unit a more pleasant experience.

## Methods

- ❖ An experienced team of dialysis nurses generated such a program.
- ❖ The team reviewed the literature, selected topics to focus on, created the tools necessary to implement the program and produced an animated movie.
- ❖ The team instructed the dialysis nursing staff how to carry out the new program
- ❖ New patients were guided by a nurse during their first 4 dialysis treatments who documented the training and recommended how to proceed from thereon.
- ❖ The training was divided into four sessions (one per dialysis treatment):
  - The first session was dedicated to introducing the dialysis unit, the medical staff and to an initial explanation of the dialysis process.
  - During the second session, the patient was instructed in depth on hemodialysis and what is required of him/her during treatment.
  - During the third session, self-care training was the main topic.
  - During the fourth session, the patient watched a short animated movie which reviewed the topics and which concluded the training.
- ❖ At the end of each session the nurse recorded the patient's response and the level of understanding



## Orientation

Orientation in the dialysis unit  
Meeting with the medical staff  
Introduction to the dialysis machine

## Dialysis treatment

Dialysis treatment  
Treatment guidelines

## Self Care

Dry weight, Fluid restrictions, Nutrition  
Lifestyle changes

## Summary

Short animated movie  
Referral to Social Worker & Dietician

## Conclusions

- ❖ The comprehensive approach delineated by our program ensures individual, unified and continuous guidance for the new patient and his/her family.
- ❖ During the last year, we implemented this educational program in over 50 hemodialysis patients in our unit.
- ❖ Patients and their families appeared satisfied with the individual attention, they were receptive to the training
- ❖ The nurses staff felt that the new approach helped reduce stress levels among the new patients and improved their assimilation into the dialysis unit.
- ❖ We conclude that the proposed educational program is effective and propose that it be tested in additional dialysis units.

## Acknowledgements

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