

Development and implementation of a hemodialysis initiation program

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INTRODUCTION

- ❖ Chronic hemodialysis treatment is stressful to the patients and their families.
- ❖ 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.
- ❖ 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

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.
- ❖ 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.

