

Implementation of an in-centre self-care haemodialysis programme

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Introduction

Many patients on haemodialysis complain about a loss of control over their lives. This feeling often leads to a lack of motivation, low self-esteem, and poor quality of life. Studies demonstrate that people who are actively involved in their treatment taking direct responsibility for their care achieve and sustain better clinical outcomes. Against this background, an in-centre self-care haemodialysis programme was implemented in our unit.

Objectives

- ✓ To describe the implementation and setup of the self-care haemodialysis programme;
- ✓ To identify the benefits for the patient;
- ✓ To identify the impact on the patient's treatment.

Methods

We conducted a case study and the semi-structured individual interview in order to evaluate the patients' experiences with the auto-dialysis programme. The average learning time is 6 months to 1 year. The training is divided into 3 stages: Theoretical self-learning and intradialytic practical training. This phase has a supervised period of autonomy and then, after an assessment of competence, the patient can be autonomous in the process.

Results

Our patients showed a positive development in the programme carrying out various tasks evaluated in the Checklist of competences. Benefits included: Autonomy, independence, self-care, relationship with the multidisciplinary team, self-esteem, motivation and their own individual rhythm were referred.

Conclusion

Patient empowerment creates a context enabling patient independence; providing a sense of control over their lives and reinforcing the process of education with regard to the dialytic process, which can have a positive impact on the overall health status.

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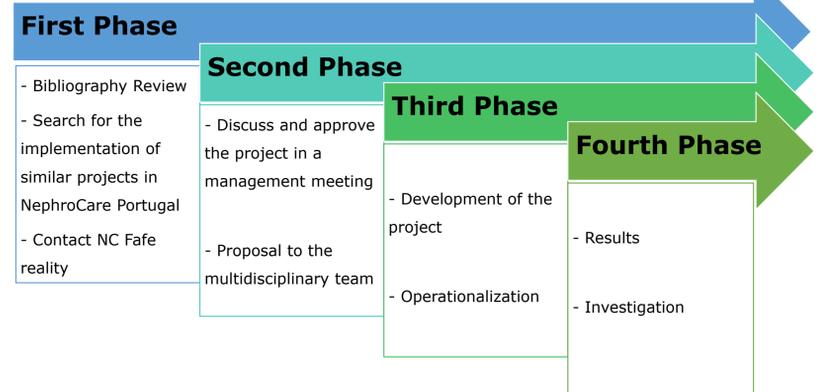


Figure 1: Implementation and setup of a self-care haemodialysis programme

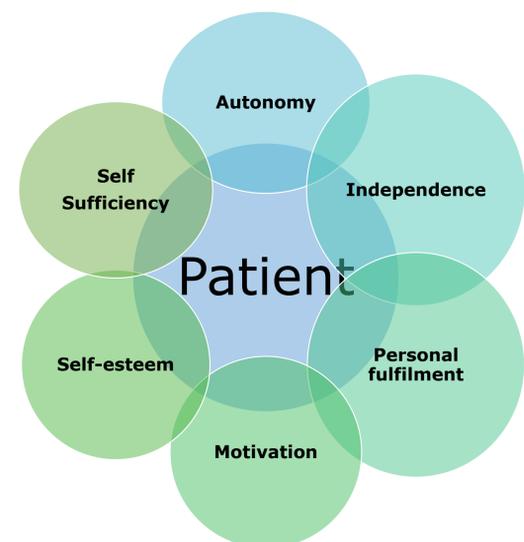


Figure 2: Identify the benefits for the patient

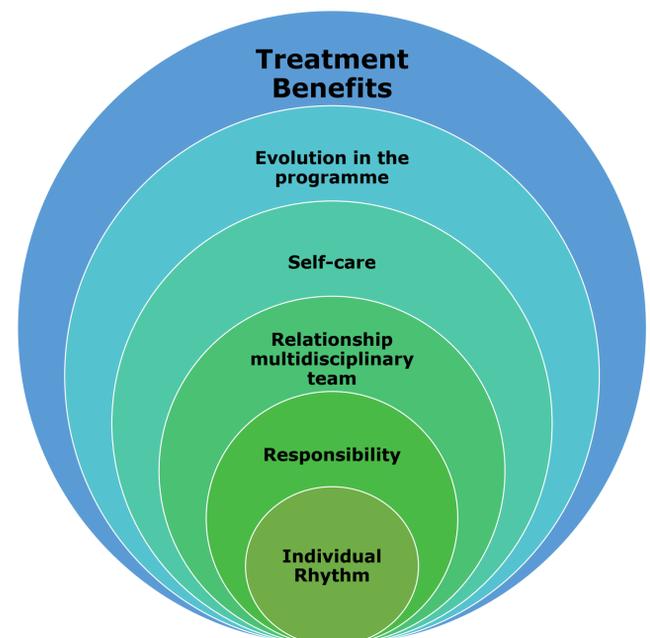


Figure 3: Identify the impact on the patient's treatment