



## **Implementation of an in-center self-care haemodialysis programme**

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# Presentation outline

**1** Introduction

**2** Objectives

**3** Methods

**4** Results

**5** Conclusion

# INTRODUCTION

Many patients on haemodialysis complain about loss of control over their lives;

This feeling often leads to a lack of motivation, low self-esteem, and poor quality of life;

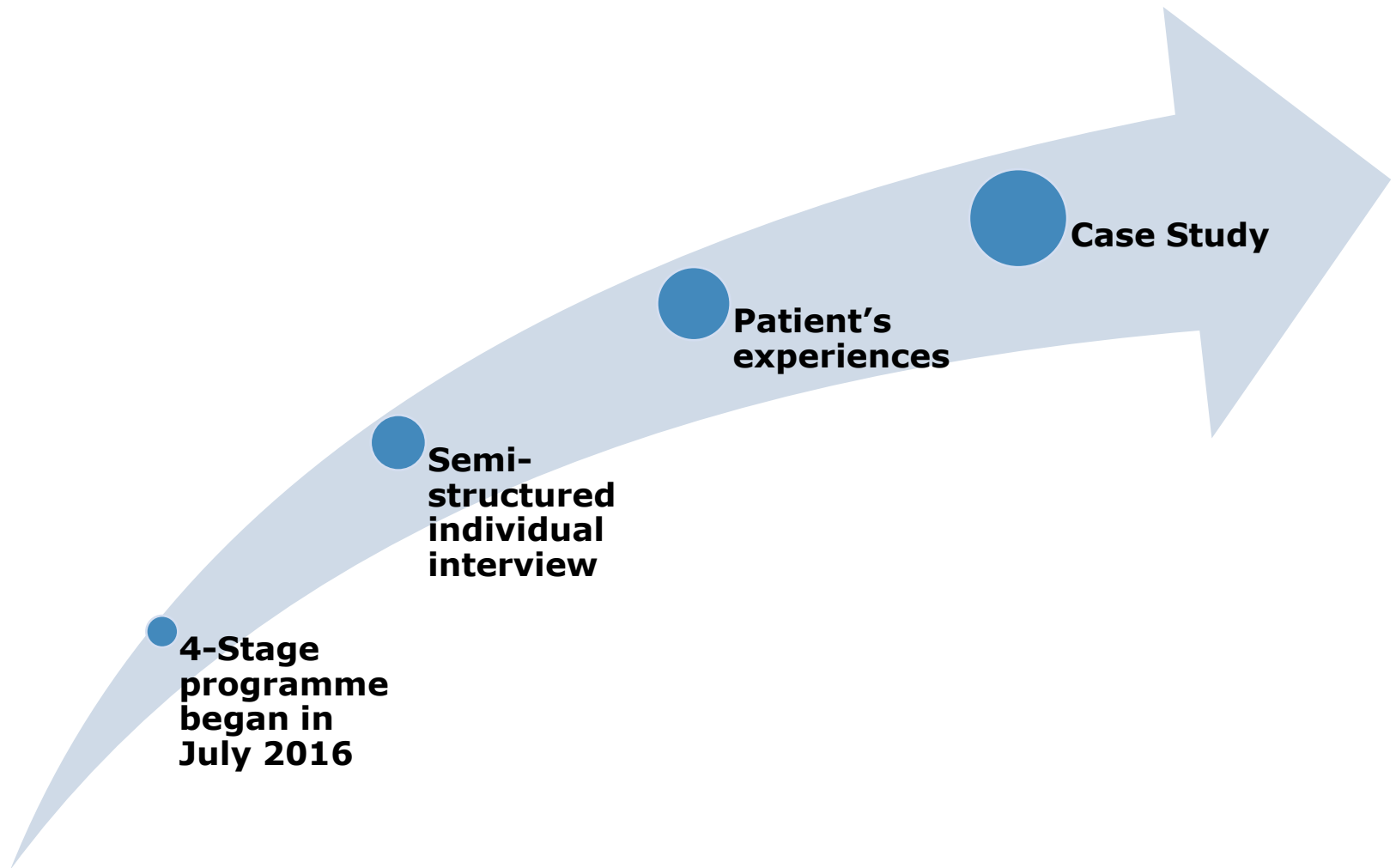
Studies: "people who are actively involved in their treatment taking direct responsibility for their care achieve and sustain better clinical outcomes"

Against this background, an in-centre self-care haemodialysis programme was implemented in our unit

# OBJECTIVES

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

# METHODS



# RESULTS

## First Phase

- Bibliography Review
- Seek in NephroCare Portugal context the implementation of similar projects;
- Contact NC Fafe reality;

## Second Phase

- Discuss and approve the project in a management meeting;
- Proposal to the multidisciplinary team;

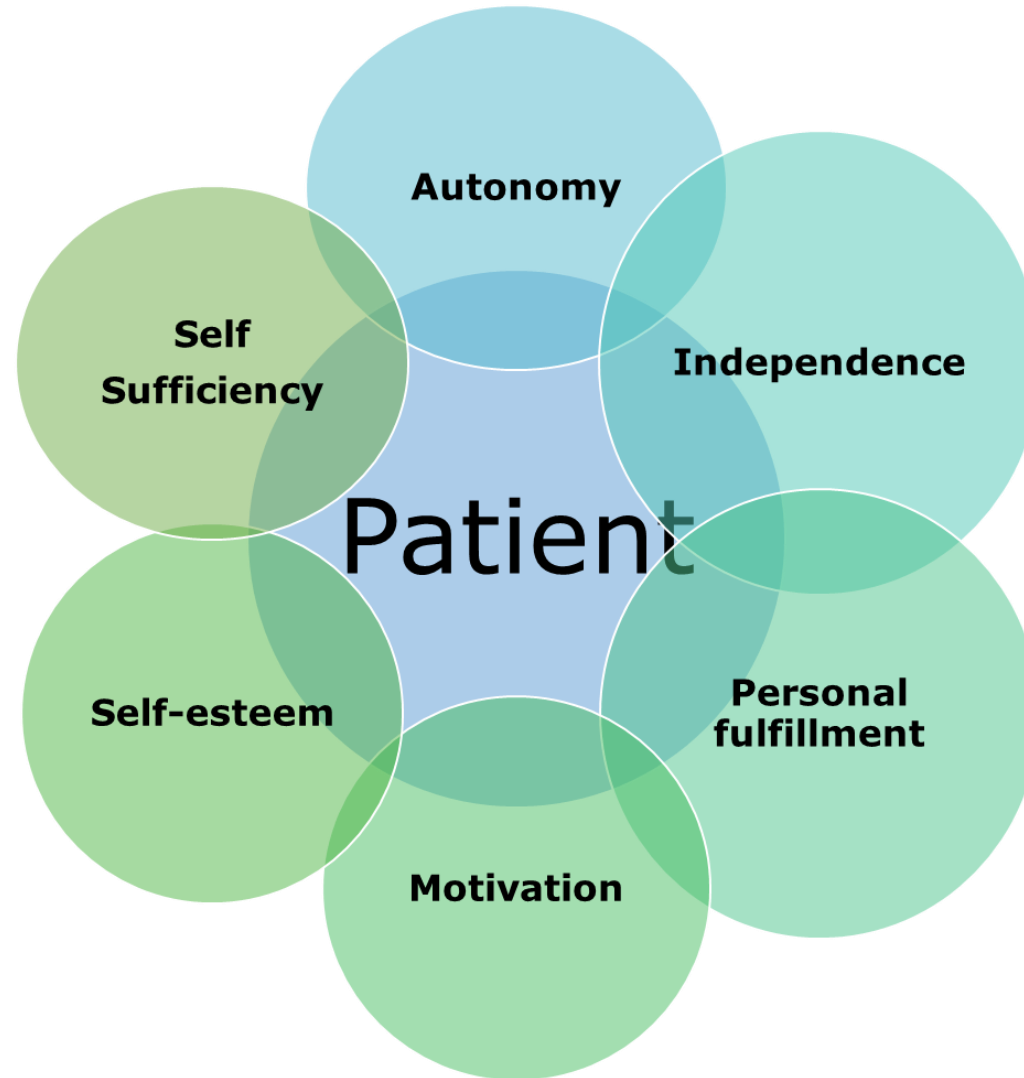
## Third Phase

- Development of the project design;
- Operationalization

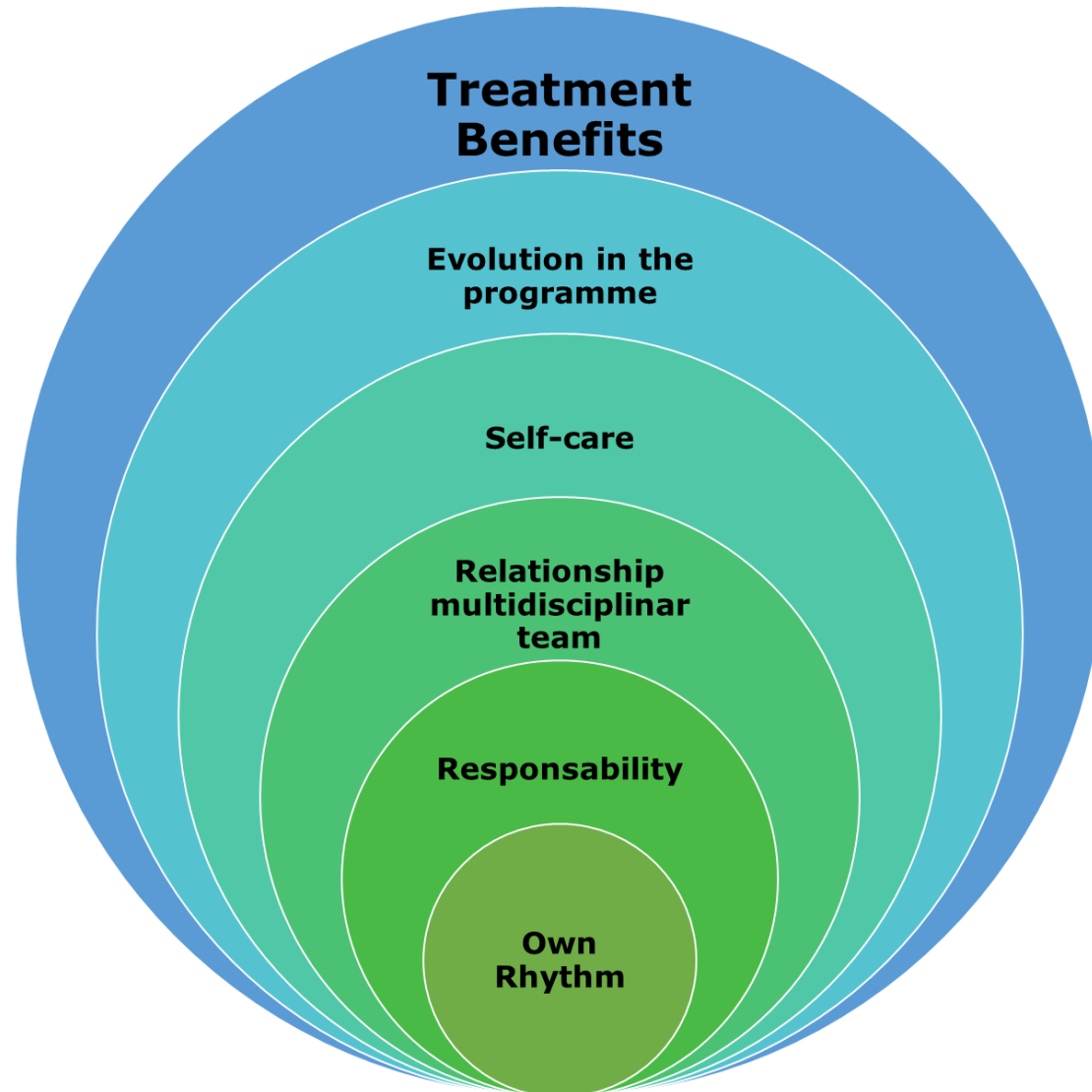
## Fourth Fase

- Results;
- Investigation;

# RESULTS



# RESULTS





# CONCLUSIONS

Patient empowerment  
creates a context  
enabling patient  
independence

Provides a sense of  
control and reinforcing  
the process of education  
with regard to the  
dialytic process,

positive impact on the  
overall state of health.

**Thank You Very Much  
for Your Attention!**

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