Patient involvement - for whose sake?

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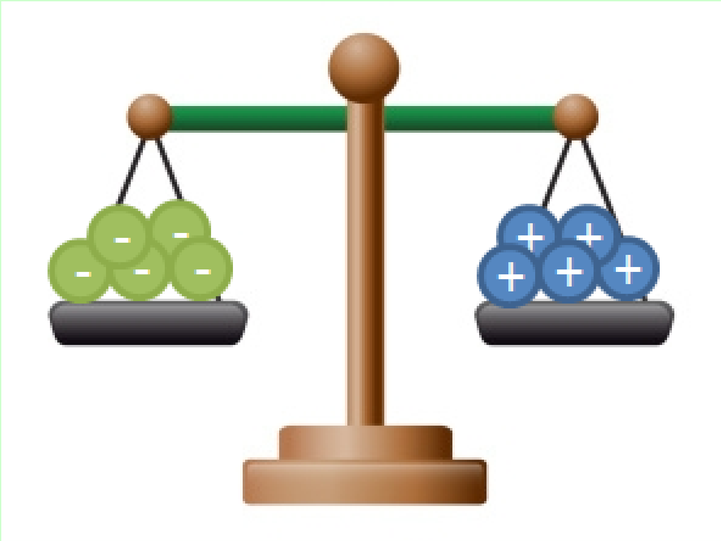
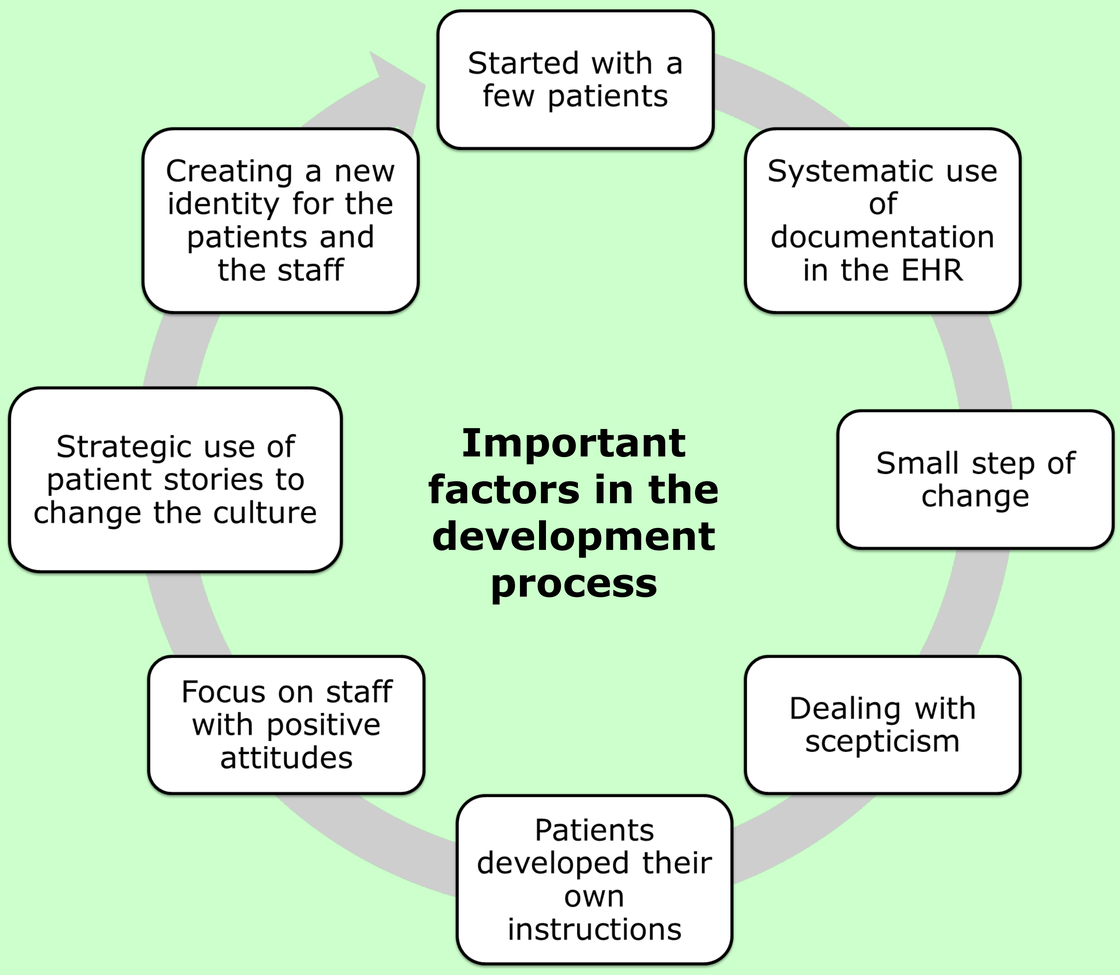


Background
Research shows that patients in haemodialysis are often able to manage more than they believe themselves and far more than the nurses allow them to. It varies how active the patients participate in their own haemodialysis treatment at the hospital. A haemodialysis unit has worked systematically to involve patients in their own haemodialysis treatment.

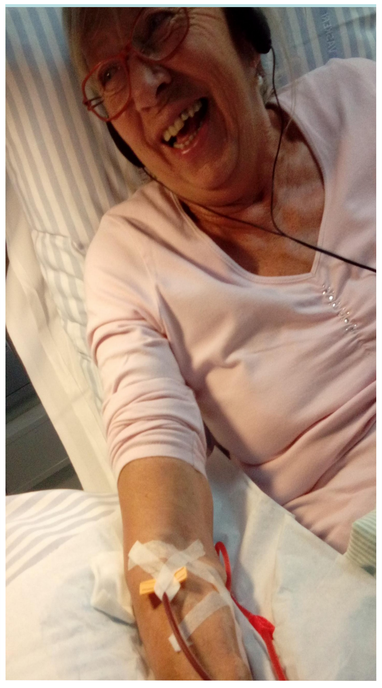
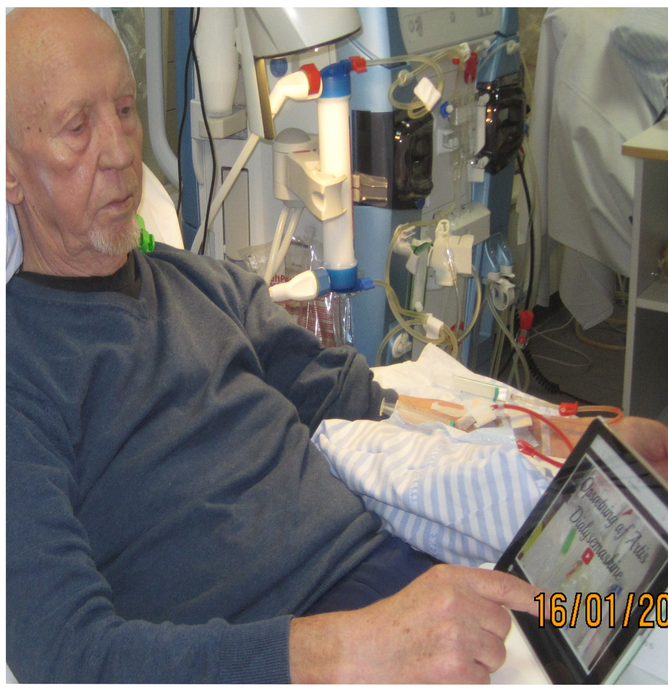
Objectives
To involve patients actively in their own haemodialysis treatment to the extent they wish to and are able to be involved.

Methods
A development project including 28 patients. Patients and staff have developed practical tools in collaboration. Evaluation is established by interviews with eight patients and a quality audit of the electronic patient record regarding all 28 patients.



Results
The interview study indicated that some patients only took part in their haemodialysis treatment to please the staff. The quality audit of the electronic patient records showed that the nurses had great focus on technical skills and a lack of focus on the patients' experiences of being involved.

Conclusion
There is a need for involving the patient systematically in the decision regarding how they wish to be involved in their own haemodialysis treatment. The nurses' documentations have to reflect the patient's need for involvement. A new way of interaction between patients and nurses is required. Nurses must view the patient as an active partner and the nurse as a facilitator and educator rather than a caregiver. This implicates changes in workflow and incorporation of new routines.

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