

Interdisciplinary approach to hyperphosphataemia treatment adherence in haemodialysis patients

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Introduction

- Hyperphosphataemia in haemodialysis patients is often associated with non-adherence to treatment. Since this problem is often related to a lack of knowledge about food intake and medication, an interdisciplinary approach should be taken.

Objectives

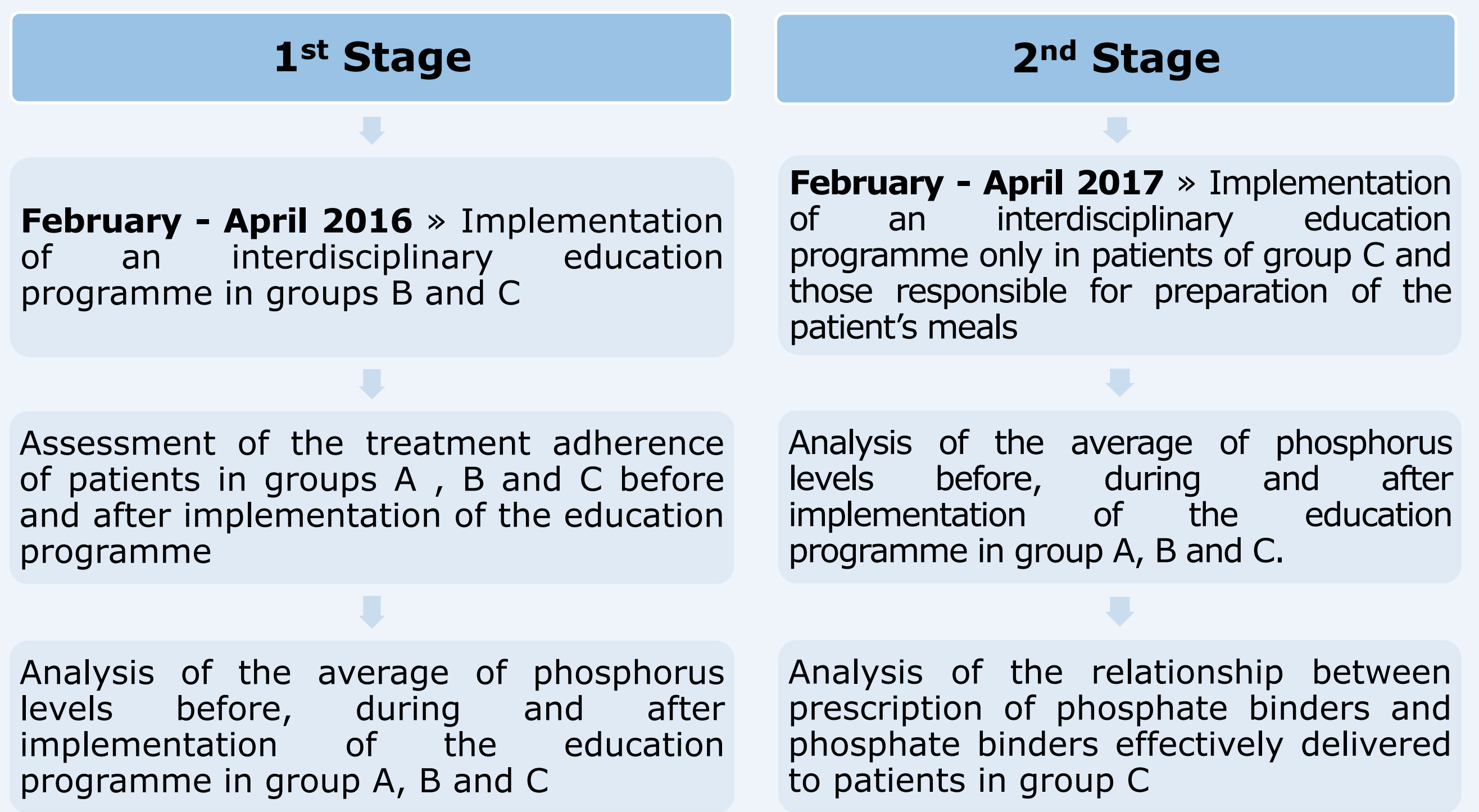
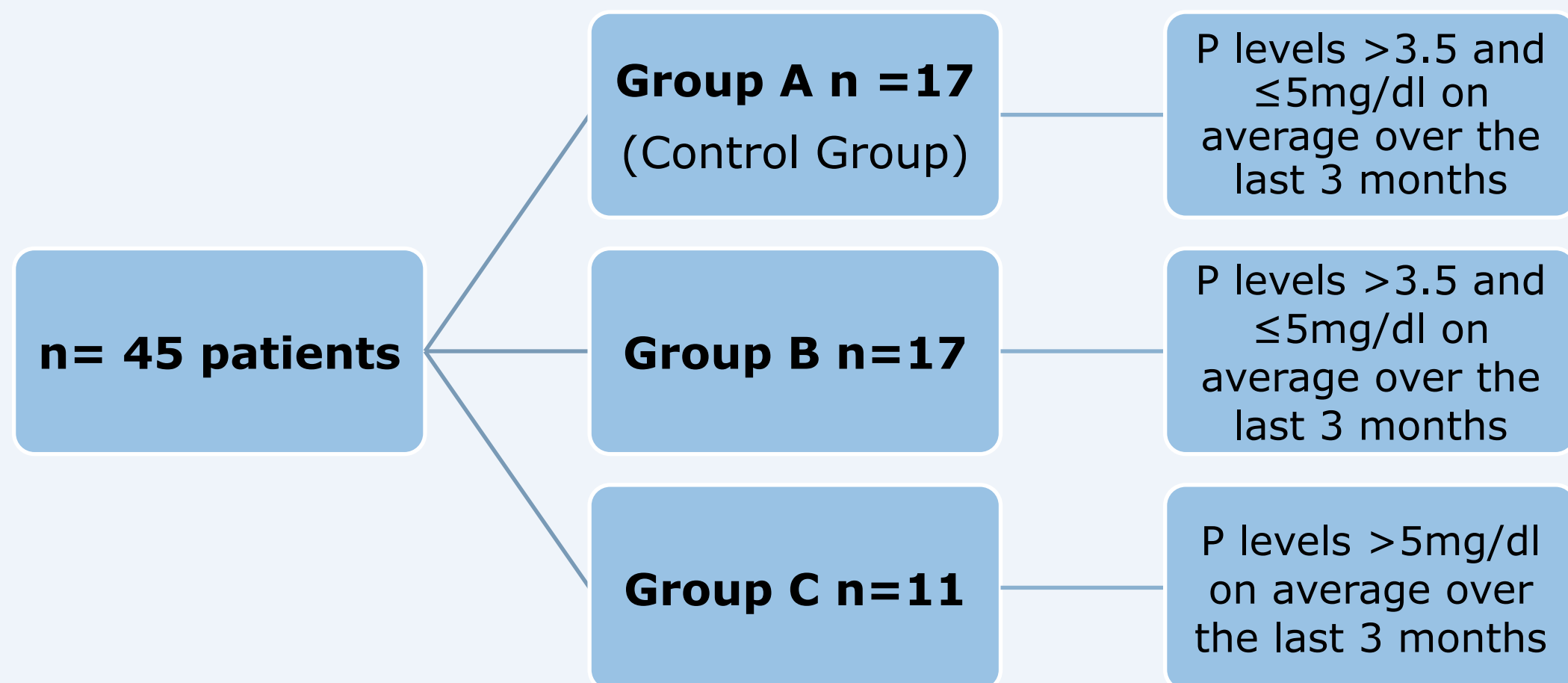
- To assess the impact of an interdisciplinary education program on Phosphorous (P) levels and treatment adherence on CKD patients.

Methods

- Prospective, quantitative, descriptive and analytical study started in February 2016

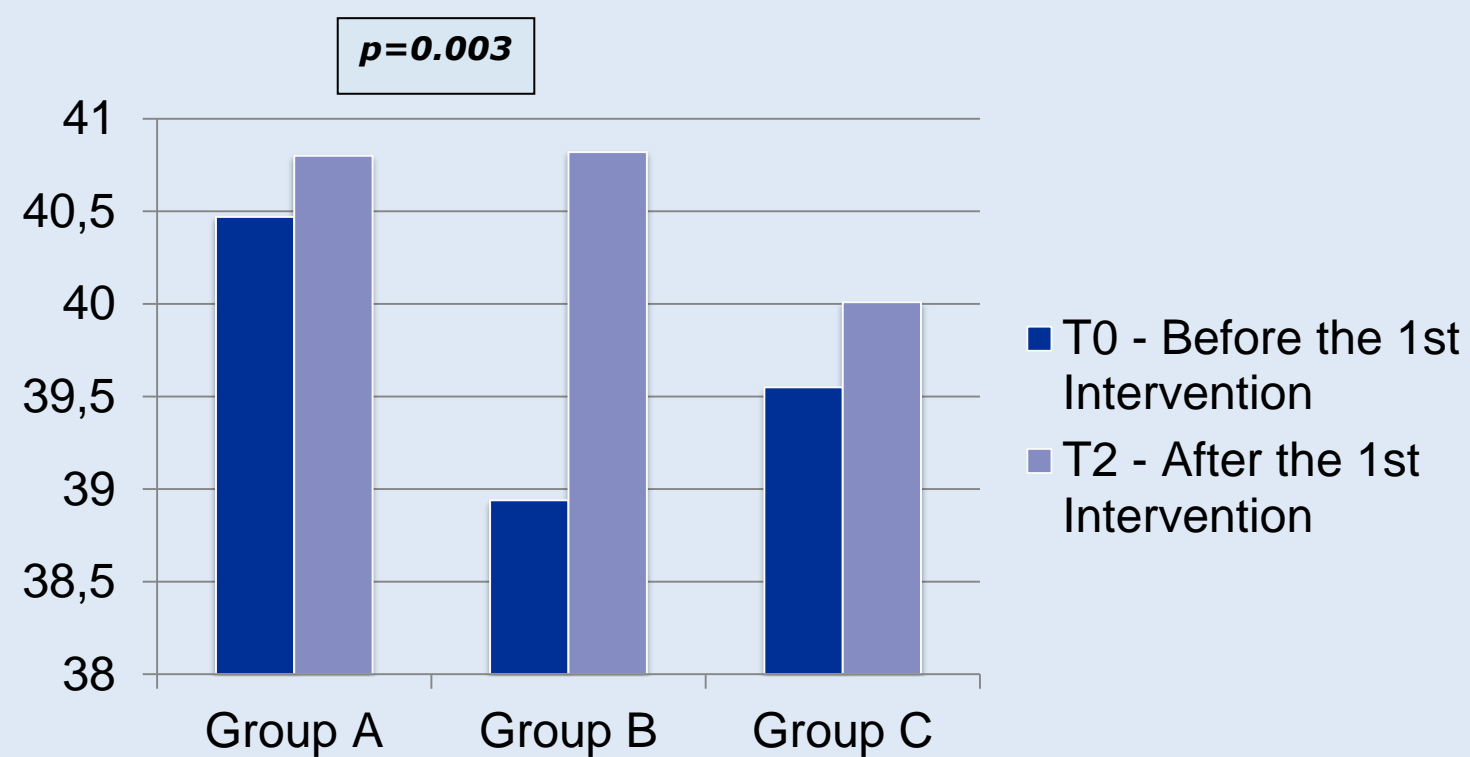
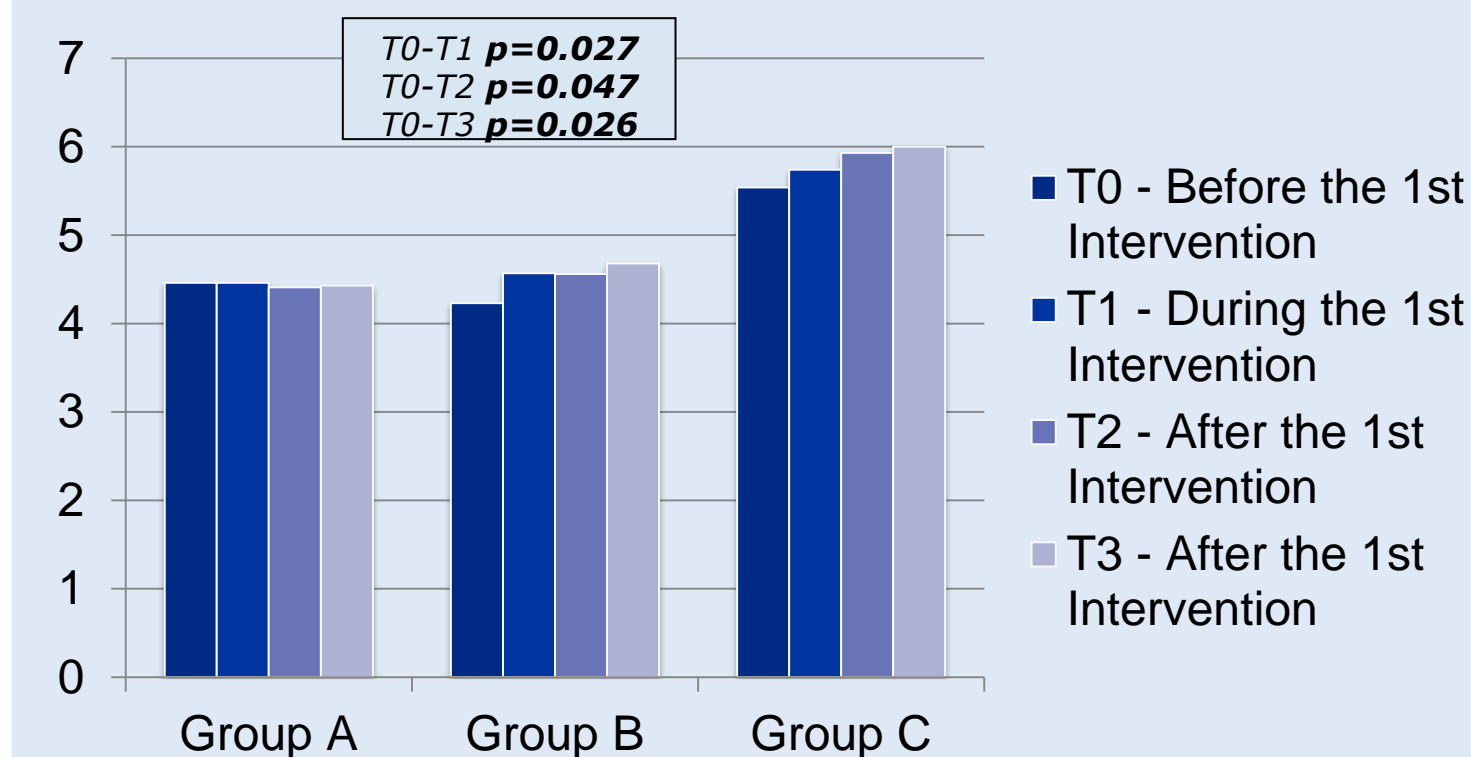
Inclusion criteria:

- Patients taking phosphate binders at baseline (OsvaRen®, Phosphosorb®, Renvela®);
- Patients on haemodialysis programme for at least 4 months;
- Non-institutionalised patients;
- Patients with an average phosphorus levels >3.5 mg/dl

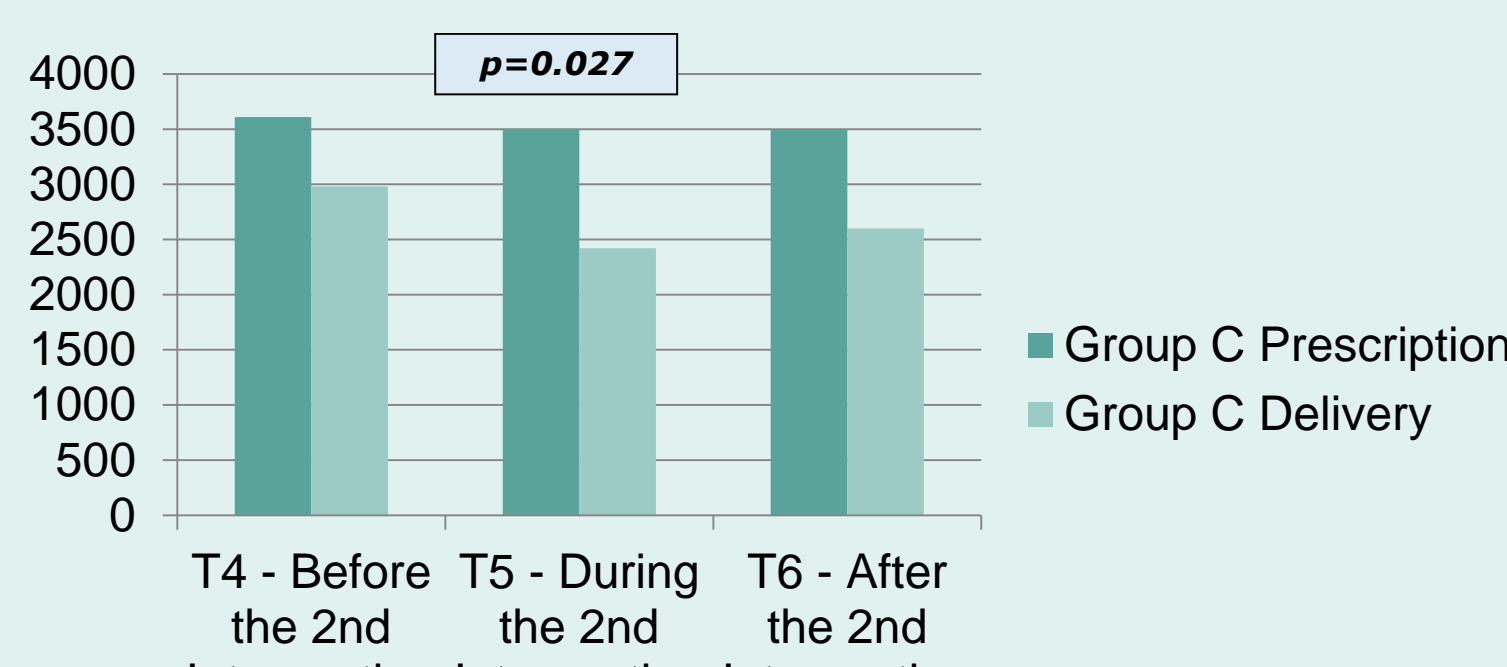
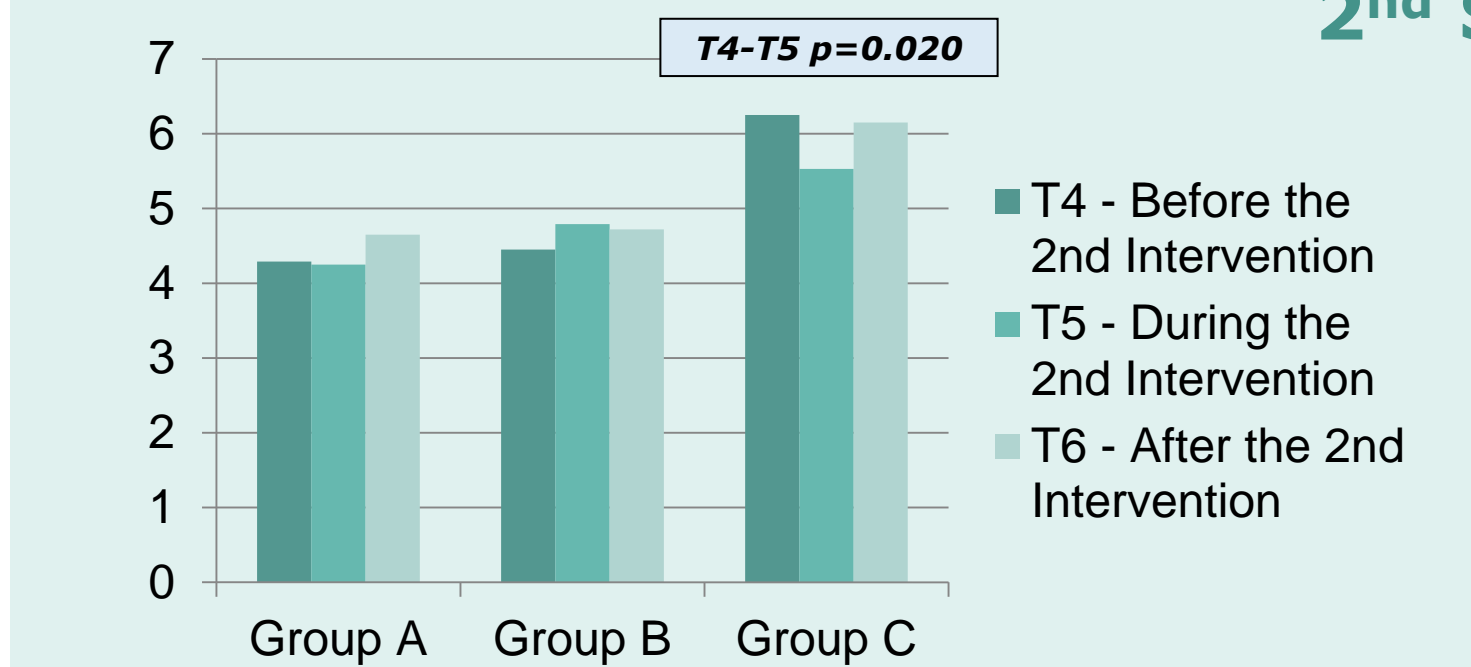


Results

1st Stage



2nd Stage



Frequency of ingestion Indicated in the Questionnaire of knowledge and attitudes about nutrition		Group B	
		T0 - Before the 1st Intervention	T2 - After the 1st Intervention
		%	%
Cakes and pastries p=0.035	Never	17	28
	Rarely	50	61
	At least once a week	28	6
Yogurt p=0.029	Never	22	33
	Rarely	17	28
	At least once a week	17	17
	1 time per day	22	11
Egg p=0.035	Never	0	6
	Rarely	0	44
	At least once a week	61	39
	More than once a day	6	6
Packaged salty food p=0.025	Never	39	67
	Rarely	56	28
Frequency of ingestion Indicated in the Questionnaire of knowledge and attitudes about nutrition		Group C	
		T0 - Before the 1st Intervention	T2 - After the 1st Intervention
		%	%
Canned food p=0.046	Never	8	23
	Rarely	69	54
	At least once a week	23	0
Cheese p=0.002	Never	15	46
	Rarely	39	31
	At least once a week	46	8

Table 1: Questionnaire of knowledge of and attitudes towards nutrition

Conclusions

We observed that an interdisciplinary approach can improve treatment adherence. However this is not necessarily evident for phosphorus levels, as observed on the 1st stage;

As for the 2nd stage, we perceived a significant improvement of phosphorus levels in the study group. This fact suggests that the involvement of caregivers in the education programme seems to be important for the improvement of phosphorus levels;

The results of the next quarters will reveal how effective this 2nd intervention can be both in the medium and long-term.

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