

“CHANGE CARDS”

A THERAPEUTIC TOOL FOR EMPOWERING AND MOTIVATING CKD PATIENTS

Authors

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Background

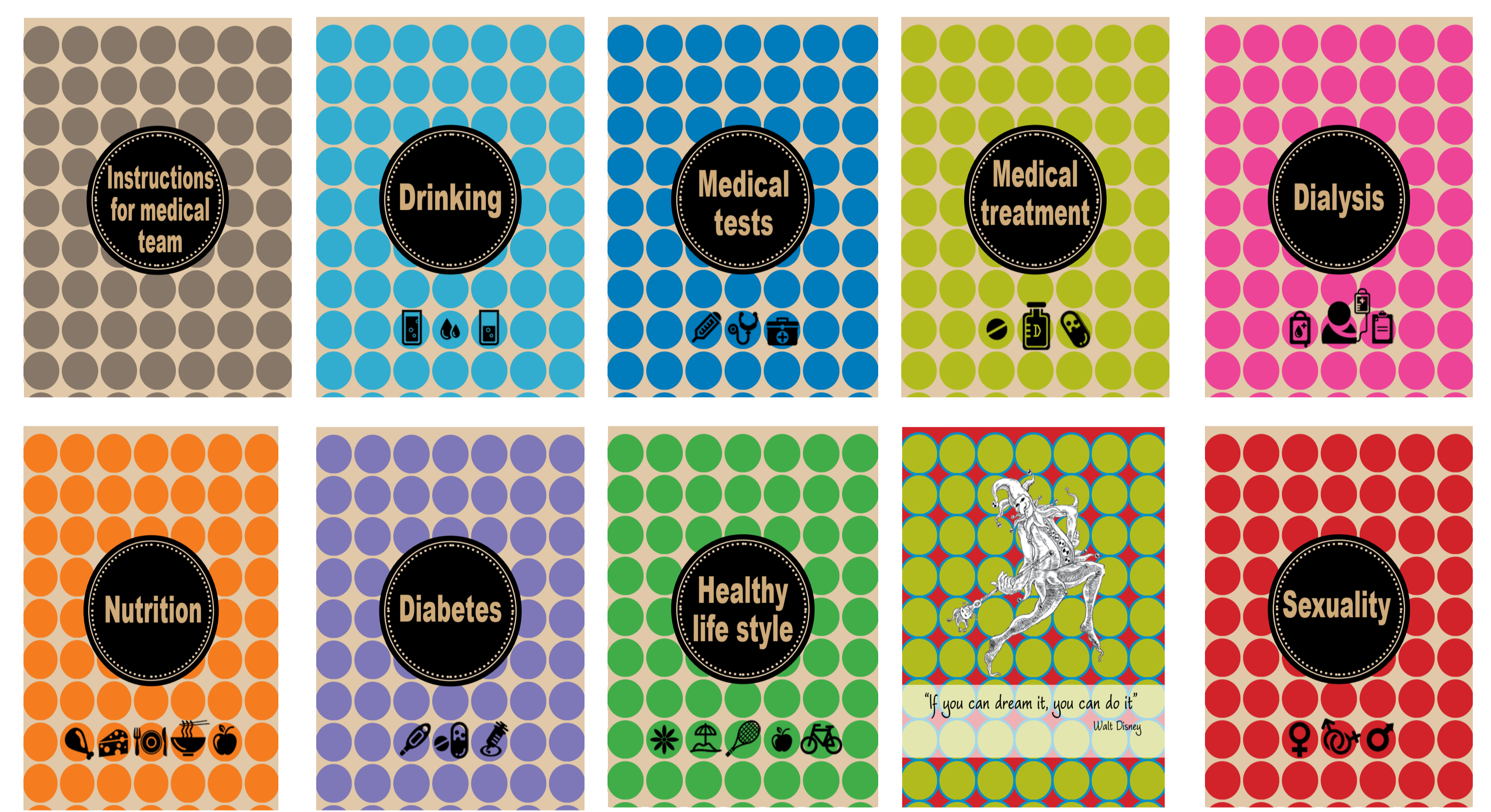
- 67% of CKD patients have poor compliance which leads to life threatening behavior.
- CKD patients encounter barriers & difficulties in coping with their disease.
- As nursing team we have to improve the communication with them and motivate them for better life.

Objectives

To provide a tool for nurses to motivate & support patients which lead to improve their compliance, self-efficacy & sense of control.

Methods

- The change cards project was initiated in 2014, aiming to find a tool to improve patients' compliance and maximize the communication with them.
- Several meetings were held between qualified nephrology nurses & organizational consultant.
- A tool was designed as a serial of 10 cards with each card we give bracelet for commitment.
- Each card represents a barrier with different color and one joker for free choice. The cards named on the 10 most barriers and difficulties that patients are facing with the diseases.



The tool was based on the Motivational approach theory that deliberates “support accompaniment” instead of “guiding and education” which lead to self-efficacy and sense of control.

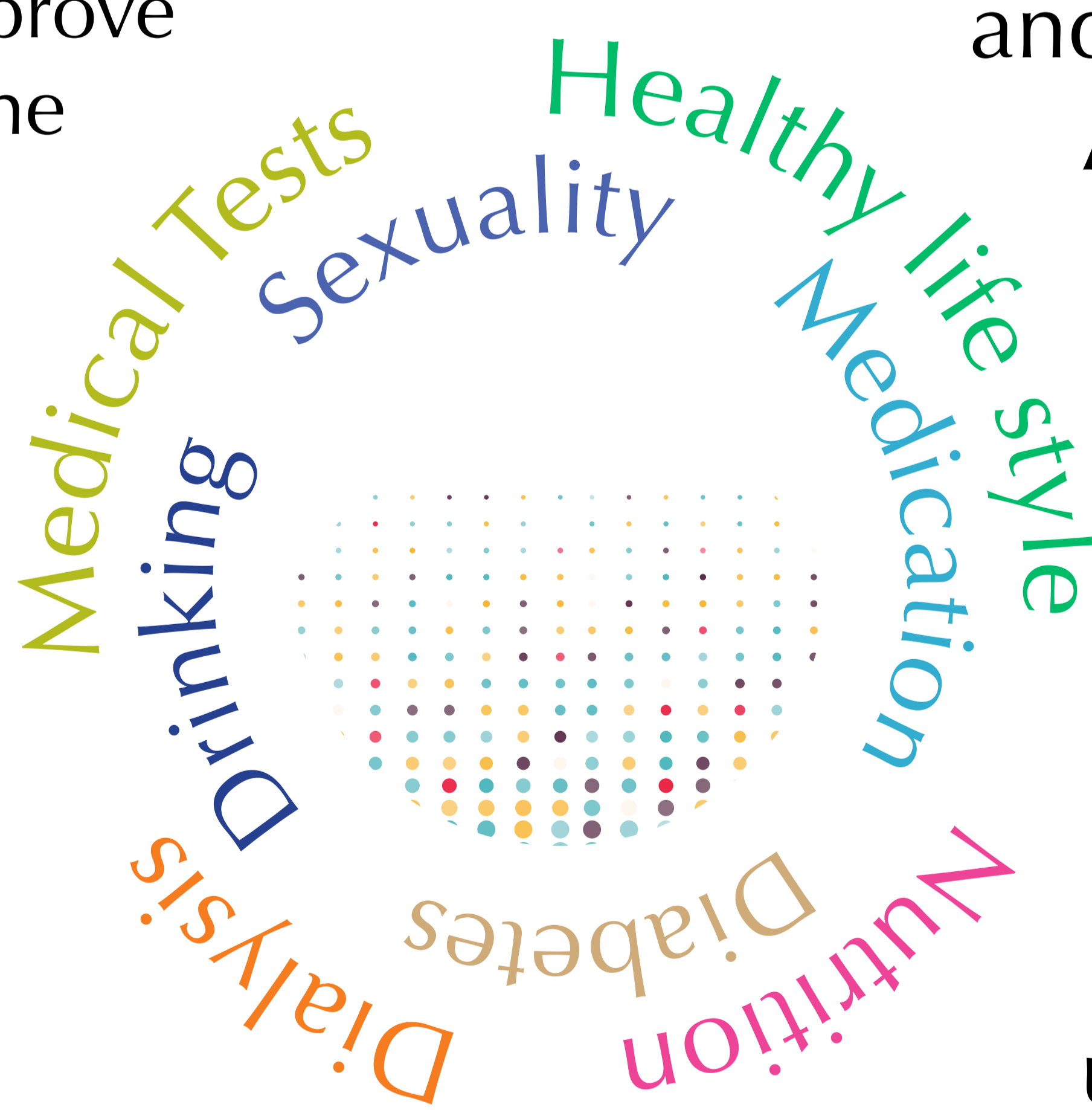
Results

The tool was presented to the nurses in dialysis centers in Israel via workshops, conferences and meetings by the project group.

A survey was conducted in 4 dialysis centers to assess its efficiency

Conclusion/Application to practice

Our aim is to implement the tool in all Dialysis centers in Israel to enable the nursing team to manage a useful communication, acknowledge abilities and improving compliance in many aspects for patients.



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