

ATTITUDE OF DIALYSED PATIENTS TOWARDS HEALTHY LIFESTYLE

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INTRODUCTION

Dialysis treatment constitutes a great burden for the patient's life. It brings along numerous changes and restrictions affecting many aspects of daily life. It can be difficult for the patient to cope with such changes and restrictions, especially at the beginning of dialysis treatment.

None of the methods of renal replacement therapy is an equivalent substitute of patient's own kidneys. Although dialysis treatment helps remove a lot of body waste products, the patient must still adhere to the recommended diet.

Patient care and patient support should be throughout the treatment adjusted according to patient's individual needs.

With quality education of the patient, we can improve the health status of the patient, which can be influenced by the therapeutic nutrition (Hrubý, 2009).

AIM

The results of the study will serve for mapping of awareness level and attitude in patients on chronic dialysis. The benefit of the study includes obtaining relevant data for concluding on recommendations on how to educate not only the dialysis patients and their relatives, but also the healthcare professionals.

METHODS AND CHARACTERISTICS OF THE SAMPLE

The study methods - the anonymous questionnaire.

A questionnaire survey was conducted among patients in B. Braun Avitum Dialysis Centers.

The study sample included 83 respondents.

The questionnaire included 22 questions focused on the diet of dialysis patients.

We performed a statistical evaluation of the data obtained by questioning and the results were graphically illustrated.

For hypothesis evaluation we used statistical processing of the data.

Since these were nominal variables, we used the nonparametric chi-square goodness of fit test with alpha significance level of 0.05. Obtained data and individual comparisons were recorded into contingency tables.

EVALUATION OF THE STUDY

No statistically significant difference between women and men in compliance with the principles of good nutrition in dialyzed patients were found.

According to the estimates, patients enrolled in the dialysis program through a nephrology clinic have more information on dietary measures compared to those who were included in the hemodialysis program from the „street“. In nephrology clinics, mostly the physicians educates the patients about their diet. The largest proportion of the patients in dialysis centers, however, reported that most of the information on good nutrition were given by the nurses.

RECOMMENDATIONS FOR PRACTICE

Education of chronic dialysis patients about compliance to diet plays an important role in quality care provision.

Education must be comprehensive; it ensures that the patients understand both the importance of diet restrictions, but also information about their disease, the principle of hemodialysis and its complications. Nurse working in the hemodialysis center must be familiar with the basic recommendations about nutrition, so that she can educate the patients and their families. It should be noted that the nutritional knowledge level of the nurses greatly increases their prestige and credibility in the eyes of the patients and their families.

Continuing education on nutrition for primary nurses in dialysis centers is therefore necessary for quality education of the patients and their families. The nurse helps the patients to create their nutritional plans and supports them in their efforts.

CONCLUSION

Patients need to understand the importance of compliance to the dietary recommendations. Each dialysis patient should be familiar with good nutrition principles, which he/she should not only know, but should be also able to apply the knowledge in practice and strictly adhere to it.

The principle of good nutrition and successful therapy is an individualized approach. Dietary recommendations vary according to the renal failure stage and the therapeutic methods. The aim of the diet is to bring about an optimal nutritional status in the patient. In order to improve the nursing care in patients in the B. Braun Avitum Dialysis Centers there a nurse coordinator appointed for each area of care; one of the areas is the nutrition.

The nurse coordinator in collaboration with the primary nurses educates the dialysis patients (or family members) on nutrition taking into account their individual health status, and helps change the diet and fluid intake.

The diet significantly contributes to how the patient feel; and compliance with the diet can reduce the risk of number of complications related to dialysis.

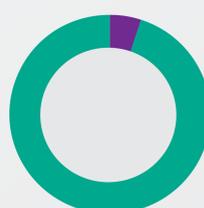
LITERATURE

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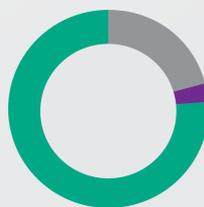
GRAPH 1
Sufficiency level of information provided on good nutrition

We found that 55 (95 %) respondents believed that they had enough information on the principles of good nutrition. No respondent stated that there was not enough information and 3 (5 %) respondents were unable to assess whether they had enough information on good nutrition.



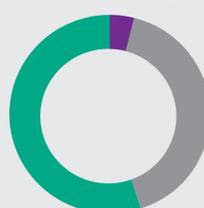
GRAPH 2
Comprehensibility of information provided

Fifty-seven (98 %) respondents reported that the information provided was clear enough, and only 1 (2 %) respondent reported that the information provided was not clear enough.



GRAPH 3
Provision of information on good nutrition

Forty-four (76 %) respondents, reported that the information were provided mostly verbally; 12 (21 %) respondents reported that it was in form of leaflets and brochures, and 2 (3 %) reported that they had not been informed at all.



GRAPH 4
Who provided information on good nutrition to the patients

We found that in 24 (41%) respondents a physician provided the information, in 32 (56 %) respondents information on good nutrition was provided by the nurse, and 2 (3 %) respondents received no information.