

# SELF-MANAGEMENT OF HAEMODIALYSED PATIENTS

Aurora Preda<sup>1</sup>, Mihai Preda<sup>2</sup>, Cristina Miriunis<sup>3</sup>, Maria Teresa Parisotto<sup>3</sup>

<sup>1</sup>Fresenius Medical Care, Fresenius NephroCare Tulcea, Tulcea – Romania

<sup>2</sup>Fresenius Medical Care, NephroCare Clinical Coordination, Bucharest – Romania

<sup>3</sup>Fresenius Medical Care, NephroCare Coordination, Bad Homburg – Germany

## Introduction

The haemodialysis patient's self-management can be defined as: the activity and art with which patients controls their own medical condition, the ultimate goal being to minimize the effects of the disease on their lifestyle.

The five groups of activities that must be controlled by haemodialysis patients are:

Vascular access, food intake, administration of drugs/medicine, fluids intake and physical activity.

## Objectives

To improve patient's rates of self-management compliance.

## Methods

The study was conducted over a period of two years: it started in January 2013, when a questionnaire was distributed to all patients in our unit. Once questionnaires completed and analysed, we could understand the initial level of patient compliance. In the following period of one year, between 2013-2014, we organised our study which consisted of one to one discussions with patients as well as meetings with small groups of patients and we prepared and distributed informational material. One year later, in 2015, the questionnaires were distributed and completed once again.

In order to achieve the objectives of the study, using the questionnaires completed by the patients, we analyzed the five groups of activities: vascular access, food intake, administration of drugs/medicine, fluid intake and physical activity.

Analysing and comparing the results of the questionnaires performed before and after our study allowed us to identify and organise the next steps. It also allowed us to understand with whom and how much we need to work on a patient's self-management compliance.

## Results

The questionnaires performed after one year project revealed:

- An increase in the percentage of patients who understand and comply with the diet by 26%.
- An increase in the patients who comply with the specific medication self-administration by 26%.

## Conclusion

Based on the results of our study we may say that the permanent involvement of healthcare professionals in patients education in the form of discussions and the use of informational materials has led to an increase of patients compliance in self-management in most activities, especially in dietary and drug related activities.

## References

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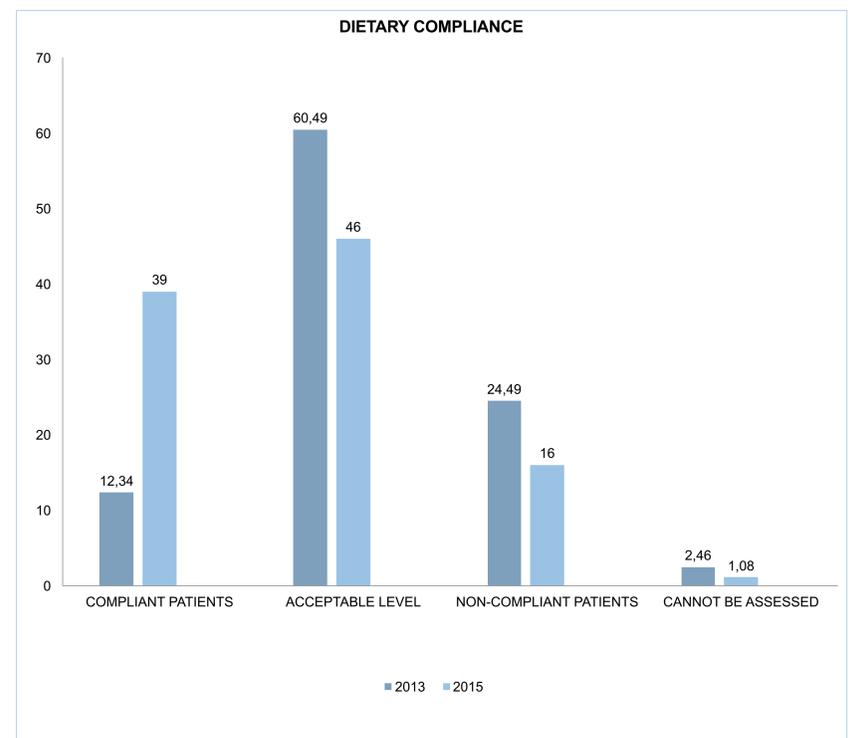


Table 1. Increase in patients' dietary compliance

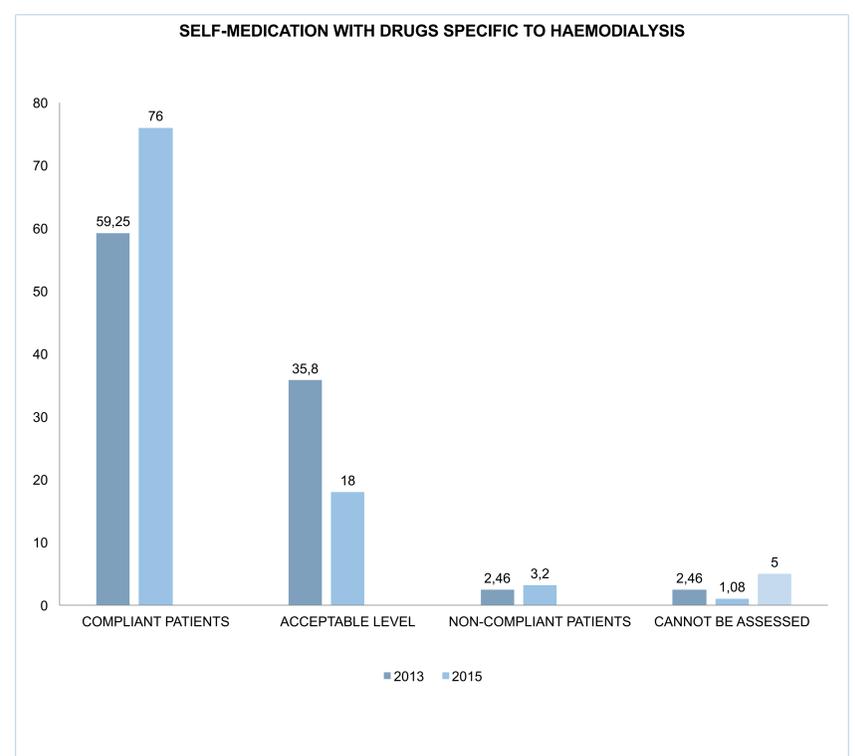


Table 2. Increase in patients' self-administration medication compliance