

## **The Importance of Different Learning Styles in Peritoneal Dialysis Patient Training**

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**Introduction:** Peritoneal dialysis (PD) offers the opportunity of a better quality of life and successful treatment with peritoneal dialysis (PD) depends in great degree on good training of a patient. With education; we can observe behavior changes in patients, we provide patient participation in treatment, we help them to learn how to protect or will improve their health. Education is a continuous process with the obtaining of new knowledge and skills. In patient education we must consider that each patient have distinct characteristics from another patient .

**Objective:** In this report, with three patients having different learning skills we want to find out the importance of different learning styles in peritoneal dialysis patient training .

**Patient 1:** 24-year-old male patient with Fanconi syndrome. In 2013, with the diagnosis of end stage renal disease he started hemodialysis. After one year because of complications related to electrolyte imbalance during hemodialysis, peritoneal dialysis treatment has been recommended. During training he was shy and It was difficult to communicate with him. At the end of 10 days he had brought his drawing describing the peritoneal dialysis when he came to the hospital .

**Patient 2:** 47-year-old female patient, she was started on peritoneal dialysis treatment in July 2015. When the PD training finished, she brought a six page text prepared by herself about peritoneal dialysis and diet .

**Patient 3:** 67-year-old male patient with hypertensive nephrosclerosis began first PD treatment in May 2015. Because of the visual defect in his eyes 10-day PD training program was given to his wife and daughter. His wife and daughter took notes during training and also they have recorded to the camera.

**Discussion:** PD training takes about ten days and we use books, videos and lectures during training. According to the learning style; our patients were drawing pictures , writing text or recording during training .This topic draw our attention because knowing patients style of learning helps the PD nurse which way she can train the patient and which materials she can use. Learning styles describe the way people interact with learning conditions and include cognitive, affective, physical, and environmental aspects, which can support information processing. There are several instruments that can help the nurse assess a patient or family member's preferred learning styles , and it is important to know that no learning style is better than another . Commonly; learning styles are divided into three groups; Visualising modality, Auditory modality and Kinesthetic modality. From the

predialysis stage if we determine our patient learning style ; we can provide effective learning in a shorter time, compliance to the treatment may increase , anxiety are reduced. It does not matter which instrument is used, but once the preferred learning style is identified, the nurse should plan the education accordingly.