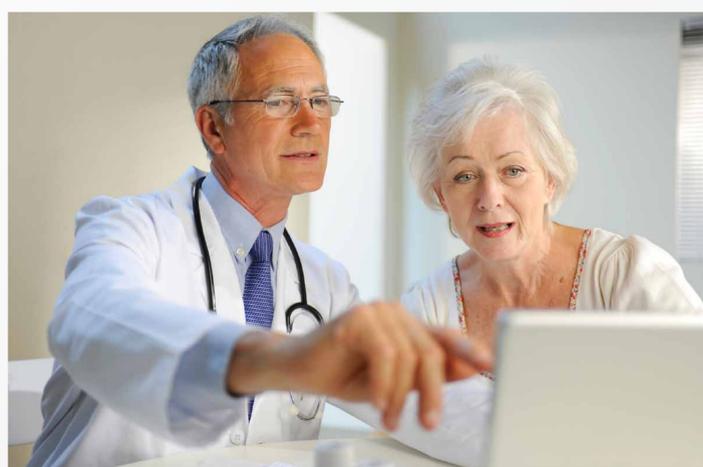


ACTIVE APPROACH IN NEPHROLOGY CARE FOR THE ELDERLY – PROJECT FOLLOW-UP

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INTRODUCTION

With annual growth of the number of elderly worldwide the number of health complications related to this demographic trend increases as well. Preventive care of elderly is not always sufficient, therefore there is lack of early detection of health complications, which is particularly important in the treatment of chronic renal failure. Elderly generally have difficult access to health services, in many cases, they come to healthcare facility at the stage of advanced disease.



monitored approximately every two months – blood pressure measurement, blood tests and urine analysis, monitoring of drug use, physical activity and education on diet. In patients with CKD 4 we initiated education program about the possibilities of renal replacement therapy. At the same time, we approached 8 Home Care agencies with an offer to train their staff on assisted peritoneal dialysis. Of the eight agencies surveyed five expressed their interest. In these centers we organized theoretical and practical education on PD – in the form of video screenings, educational materials, professional communication and practical training. The education was carried out together with the coordinators for PD from Baxter, who helped in certification of the trained personnel in peritoneal dialysis care provision.

RESULTS

Recapitulation of the results of the project „Active Approach in Nephrology Care for the Elderly in 2014 - 2015”

- Project duration: five months
- 503 subjects examined
- 229 guidelines issued (control visit at the attending physician's)
- 54 subjects referred to a nephrologist (creatinine above 220)

Results from 2015

- Duration: 12 months
- 54 clients, 21 suffered from CKD 4
- 12 months later, deterioration of renal insufficiency into CKD stage 5 in 5 clients
- 3 patients started on HD and 2 patients started on assisted PD
- Certified complex training on PD care provision in 5 Home Care agencies.

CONCLUSION

This confirms our hypothesis that at least 10% of elderly require regular nephrological care due to severe renal insufficiency. Early detection of the disease in elderly improves their preparation and adaptation prior to initiation of the dialysis program.

At the same time, this project enabled cooperation with elderly care agencies and creation of a working multidisciplinary team of health professionals. We have found that one of the great advantages of assisted peritoneal dialysis is provision of home care and to some extent adaptation of the treatment to individual needs.

AIMS OF THE STUDY

This a follow-up of a project started in 2014 - 2015 (Active Approach in Nephrology Care for the Elderly), which focused on the active search for patients with renal disease especially in nursing homes, institutions, long-term care and day care centers.

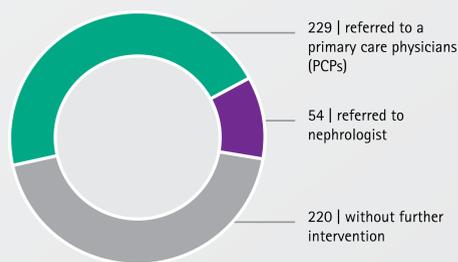
Our vision was to follow up on the patients, provide regular nephrology care and especially early education about dialysis treatment.

One of the aims was training of health workers in the facilities for elderly on implementation of assisted peritoneal dialysis, especially early education of patients before dialysis treatment.

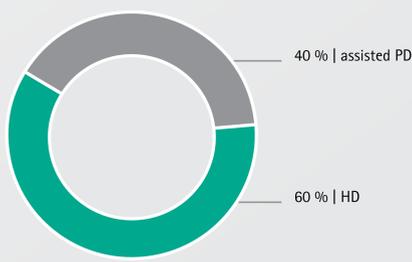
METHODS

As part of our project (Active Approach in Nephrology Care for the Elderly), we found 54 clients who needed regular nephrological care (creatinine more than 220 mikromol/L). At the Clinic of Nephrology, the clients were regularly

Total number of 503 patients was examined



The overall number of patients receiving dialysis - CKD 5



54 patients with chronic renal insufficiency

