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Effect of an educational program on adherence to therapeutic regimen among chronic kidney disease stage 5 (CKD5) patients under maintenance hemodialysis

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Adherence to fluid restrictions, dietary and medication guidelines as well as attendance at prescribed hemodialysis sessions of a hemodialysis regimen are essential for adequate management of patients on hemodialysis. The objective of this study is to investigate the effect of an educational program on adherence to therapeutic regimen among chronic kidney disease stage 5 (CKD5) patients under maintenance hemodialysis at Kasr AlAiny center for Nephrology, Dialysis and transplantation (KAC-NDT), Cairo University. The following research hypotheses was formulated, there would be no significant difference of patient's adherence scores before and after implementation of the program. A purposive sample of sixty adult male and female patients on maintenance hemodialysis for at least 6 months to one year were assigned. Socio-demographic and medical data, laboratory investigation, pre/post knowledge assessment and adherence data were collected. The study results revealed that, the post program total mean knowledge scores of the study subjects increased significantly in follow up assessment times as compared to the pre-program assessment ($X^2= 186.332, P= 0.001$). The post program total mean adherence scores is increased significantly in follow up assessment times as compared to the pre-program assessment ($X^2= 34.587, P= 0.001$). Frequent contacts with renal nurses can help these patients develop problem-solving skills, set goals, and understand their progress in managing multiple aspects of their disease. Individualization of the common educational approach by incorporating the patient's beliefs, behaviors, and emotional and physical feelings as well as culture, economic situation, ability and knowledge of the disease and its treatment supports self-management as a means of improving patients' outcome.

Biography

Dr. Hala Ibrahim Abo Deif had completed PhD in nursing science in 2015 at faculty of nursing Cairo university Arab republic of Egypt, working as a lecturer at faculty of nursing medical surgical department, Educating a second level BSc nursing students the course of adult health nursing.

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