

# KNOWLEDGE AND PRACTICE AMONG CARE GIVERS OF HAEMODIALYSIS PATIENTS REGARDING HOME MANAGEMENT

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## Abstract

Hemodialysis is a long-term treatment modality and it does not treat the renal failure, only acts as a supportive measure to sustain lives of the patients with acute or chronic renal failure. Owing to the chronic nature of the renal failure, the hemodialysis is mostly carried out as an out patient procedure in the hospitals. Back at home the relatives have to take care of such patients. Therefore, participation of the home caregivers is essential. With this view, a survey study was conducted to assess the knowledge and practice among caregivers regarding the specific home care of hemodialysis patients at selected hospital of North India. This study used a descriptive, exploratory survey approach. The sample comprised of 100 caregivers. A structured questionnaire was developed for data collection. The reliability of the tool was calculated using split half method, Karl Pearson's correlation formula found that tool was reliable with the value of  $r = 0.95$  for knowledge questionnaire and  $r = 0.90$  for practice questionnaire. The study indicated that majority of caregivers i.e. 52% scored poor in knowledge and in practice score the majority 60% scored poor. There was a positive correlation between knowledge and practice of caregivers. Need was felt to prepare an information booklet for caregivers regarding home management of hemodialysis patients. Booklet has been prepared and kept in dialysis unit for education of patients and their home care givers.

**Keywords:** Knowledge, Caregivers, Hemodialysis.

## Background

Renal failure or insufficiency is a condition of partial or total loss of kidney function. Failure does not occur until functional loss of 75% of the kidney nephrons occur. Hemodialysis is used for the client with acute or irreversible renal failure. In 1960, the first successful treatment of client with chronic renal failure by hemodialysis was reported. In 1972, an amendment to the social security Act required that one with CRF be able to have any life saving treatment needed. In 1973, Medicare, the health insurance co. took over the financial responsibility for many clients receiving hemodialysis. Most of the time client will be followed on an ambulatory basis and will be responsible for following recommended treatment regimen. Hemodialysis allows clients live normal life, despite kidney failure. **Rao and Ramesh, (1997).**

**Agnihotri V. (1995)** conducted a study to find out the

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spectrum of renal disease in elderly in a tertiary care hospital in North India. The study was done in Nephrology unit of AIIMS, New Delhi, from January 1992 to January 1994. The findings revealed the most common disease of the elderly was Chronic Renal Failure 25.6 % and Nephrotic syndrome 18.6 %. Hemodialysis has become a life saving treatment of renal failure.

Literature says that there is no other chronic illness in today's society, which requires as many diet restrictions, as many medications or a large volume of technical knowledge as is required by these patients and their care givers. **Black M.J. & Jane H.H. (2005)**

Patients who develop chronic renal failure must deal with the fact that renal replacement therapy will be necessary for the rest of their lives. At first, patients usually deny a great deal about what is happening. This prevents them from accepting necessary aspects of their treatment regimen. Nurse plays an important role in patient education in this complex treatment programme. Various studies have been conducted about highlighting the importance of assessing the learning needs and educating care providers and patients.