



ORIGINAL RESEARCH PAPER

Nursing

ASSESSMENT OF CARE TAKERS KNOWLEDGE ON HOME CARE MANAGEMENT OF HEMODIALYSIS PATIENT IN A SELECTED RURAL HOSPITAL KOLAR. KARNATAKA

KEY WORDS: care takers knowledge Home Care Management, Care, Hemodialysis patients.

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ABSTRACT

The concept of short stay of patient at a hospital and early discharge has caused paradigm shifts of responsibility entrusted on care takers to manage acute cases at home. Care takers play key role in the quantity life of all the acute and chronic cases in specific with the hemodialysis patient.

A growing number of patients with Chronic Renal Failure are receiving home based care and require support from non-professional health care provider i.e., from family members. Most often care takers or family members play a vital role in care of the patients as hemodialysis is a demanding treatment for Chronic Renal Failure, which requires considerable personal discipline. The core role of every care takers focuses on care aspects as information specific to dialysis procedure, management of fluid and diet, care of fistula, benefits of exercise as a means of stress reduction, and early detection of discomforts which may cause life threatening complications. Thus a study was undertaken to assess the knowledge of care takers based on the experience of the researchers and available literature.

Objectives: To assess the knowledge regarding home care management among care takers of hemodialysis patients and also to determine the association between knowledge with selected socio-demographical variable.

Materials and Methods: The non-experimental descriptive design with survey approach was adopted. A total of 30 samples were selected by using purposive sampling technique. A validated Structured Knowledge Questionnaire was used to collect the data by adopting one to one semi structures interview schedule.

Results: The study results revealed that the level of knowledge of care takers was found to be moderate (The overall mean knowledge of care takers was (Mean 21.70 + SD2.3). That majority (75%) of them were having moderate knowledge and only (25%) of them presented with adequate knowledge.

Conclusion: Home care management is very essential to care Knowledge played a pivotal role in bringing a positive outcome among patients suffering from Chronic Renal Failure and undergoing hemodialysis as a lifesaving treatment.

INTRODUCTION

In the developed and developing countries with increase in life expectancy and changes in life style chronic diseases such as Diabetes Mellitus, Cardiac diseases and End Stage Renal Diseases are increasing steadily. Acute and Chronic Renal Failure has become one of the most common and serious health problems.¹ According to National Kidney Foundation, Chronic Kidney Disease includes conditions that damage the kidneys and decrease their ability to keep healthy. Chronic Renal Failure is a progressive irreversible deterioration in renal function in which the body's ability to maintain metabolic, fluid and electrolyte balance fails.²

When the Chronic Renal Failure patient sustains enough kidney damage and moves into the 5th or final stage of Chronic Kidney Disease, which is also referred as Chronic Renal Failure or End Stage Renal Disease the dialysis is the only lifesaving treatment modality.³

Although dialysis is a demanding treatment, which requires considerable personal discipline and care by the care takers, with regard to dialysis procedure, management of fluid and diet, care of fistula, benefits of exercise as a means of stress reduction, and early detection of discomforts which may cause life threatening complications.⁴

Worldwide near about 1.1 million people suffer from chronic renal failure as reported by American Society of nephrology and in India the incidence of chronic renal failure in adults is 47, 11,375 as reported by All India Institute of medical sciences, New Delhi According to the United States renal data system (USRDs) 1999 report the incidence rate of treated chronic renal failure patients are Australia: 50 patients /million populations Canada: 65 patients / million populations. Japan: 120 patients / Million populations Susa: 296 patients / Million Populations.⁵

Care takers are a day-in and day-out responsibility. Care takers spend a substantial amount of time interacting with their care recipients, while providing care in a wide range of activities.⁶

It is important for the nurses to recognize and respond to the tremendous emotional impact that chronic illness and its treatment can have on families in an era where it is possible to sustain life for years with the use of life support technology.^{7,8}The care takers role has changed over the years. There is an urgent need for additional services to assist them in shouldering the burden of care which can be given through counseling, education, social and psychological support.⁹

Care takers' needs are often neglected and under-prioritized in the medical management of Chronic Kidney Disease. Caregivers may experience stress from the added responsibilities of managing the patients.^{10,11}

Hence the investigators felt the need to conduct the study to strengthen the knowledge in improving the adaptation of disease process at home setting along with enhancing the positive health outcomes of patients undergoing hemodialysis.

The objectives of the study:

1. To assess the knowledge regarding home care management among care takers of hemodialysis patients by using structured knowledge questionnaire.
2. To determine the association between selected demographical variable with the knowledge of care takers.

METHODS AND MATERIALS

The non-experimental descriptive survey design was adopted and the study was conducted in Rural Tertiary Medical Teaching Hospital i.e. R.L Jalappa Hospital & Research Center, Tamaka, Kolar.

The study was conducted in dialysis unit among care takers of patients undergoing Hemodialysis. The sample for the study was selected by purposive sampling technique that fulfilled the inclusion criteria. The data was collected by interview technique by using Semi Structured Interview Schedule.

RESULTS

The results were computed using descriptive and inferential

statistics based on the objectives of the study. The data has been organized and analyzed under the following headings

- Distribution of samples according to Socio- demographic variables.
- Distribution of sample overall level of knowledge of home care management of hemodialysis patients.
- Area wise distribution of the knowledge score on home care management of hemodialysis patients.
- Association between knowledge with selected socio-demographic variables.

Section-1 Distribution of sample according to Socio demographic variables.

Table-1 showing findings related to socio-demographic variables

N-30

Sl.No	Variables	Frequency	Percentage
1.	Age in years		
	a)19-29yrs	03	05
	b)30-39yrs	-	-
	c)40-64yrs	21	85
2.	Gender		
	a)Male	23	89
3.	Qualification		
	a)Literate	18	70
4.	Occupation		
	a)Government employee	10	37
5.	Monthly income		
	a)<10.000	10	65
6.	Marital status		
	a)Married	10	95
7.	Type of family		
	a)Nuclear family	05	88
8.	Type of occupation		
	a)Heavy worker	10	30
9.	Dietary pattern		
	a)Vegetarian	18	30
10.	Type of residence		
	a)Urban	22	70
11.	History of complication along with chronic renal failure		
	a)Yes	10	60
12.	History of medical chronic illness before the diagnosis of CRF		
	a)Yes	20	52
13.	The social support most preferred from		
	a)Family members	10	88
	b)Friends	20	12

Section-2 Findings related to distribution of sample according to the level overall knowledge of care takers of hemodialysis patients.

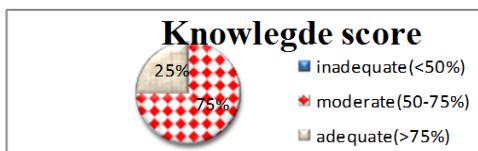


figure- 1 pie diagram, Reveals on overall level of knowledge and study revealed that majority (75%) of sample had moderate knowledge and only (25%) had adequate knowledge and none of them belonged to the category of inadequate having knowledge.

Table-2 findings related to Area wise distribution knowledge score of home care management of hemodialysis patients

Variables	No of items	Max.S core	Range	Mean	Standard Deviation
General information	7	4	1-4	5.40	1.24
knowledge on fluid and diet	16	16	1-8	11.2	1.79
Knowledge on fistula and exercise	10	10	1-5	7.33	1.70

Findings related to area wise distribution on knowledge showed that the home care management of hemodialysis mean score is 5.40, mean percentage is 77.14% and standard deviation is 1.248, Regarding fluid and diet of hemodialysis, The Mean is 11.266, and mean percentage is 70.41%, Standard deviation is 1.799.regarding care of fistula and exercise mean is 7.333 and mean percentage is 73.33%, Standard deviation is 1.708.

However the overall area wise distribution knowledge ranged between moderate to knowledge.

Findings related to association between knowledge level with selected demographic variables are as follows;

Association of knowledge level with selected demographic variables with care takers management patients with hemodialysis there is statically significant found in few aspects that there was statistical association of knowledge .

Knowledge with Family history of disease 2 value (11.66) and dietary Pattern value 2 (6.23) both are statically significant which is more than the table value which is indicating association where as other demographical variable.

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DISCUSSION

The study findings on overall level of knowledge and study revealed that majority (75%) of sample had moderate knowledge and only (25%) had adequate knowledge and none of them belonged to the category of inadequate knowledge. contradict findings was seen in the study conducted by Dr. Fatima^{11,12} and Unit nurses on 96 care takers out of which 50 care takers had moderate knowledge (52.08%). 46 care takers had inadequate knowledge(47%) There are many studies conducted which are supporting to the current study.

RECOMMENDATIONS: NURSING PRACTICE:

Nursing professional working in the hospital as well as hemodialysis unit should educate the care takers by using informative pamphlet regarding knowledge on consuming of fluids, diet and how to take care of fistula and what exercise to be done after fistula and how to maintain to be educate to improve the knowledge as well better care at home settings.

Nursing professionals play a key role enhancing the patient knowledge as well as care takers knowledge on diet. Intake of fluid, care of fistula and exercise, which will improve the quality of life of patients and better continuity care can be given even at home setting also with the good knowledge.

NURSING EDUCATION:

Nursing education is an essential tool for development of nursing profession. From the study findings the nurse educator can plan as follows; As a nurse educator there are abundant opportunities for nursing professional to educate the patients as well their family members regarding home care management of hemodialysis patients regarding knowledge on fluid, diet and care of fistula with exercise. Which will help the home care takers to involve in comprehensive care to the patients and bring good results in the health as well as quality of life?

Students can be motivated to impart specialized knowledge and skills in the field of Dialysis unit at graduate and post graduate levels in nursing so as to meet professional requisites and societal demands in the present changing health care scenario.

Nursing Administration:

Nursing administrators can take part in developing protocols group discussions and involve the student's nurses and PG students to prepare charts on dialysis diet and care of fistula knowledge on fluid consumptions which will help the care takers to improve their knowledge.

The nursing administrator can mobilize the available resource personnel towards home care takers of hemodialysis patients to improve their knowledge.

The nurse administrator should encourage social support networking in organization of awareness programme in both rural and urban areas related to knowledge on fluid, diet and care of fistula with exercise Nurse administrator can train staff nurses to prepare them as nurse specialists in dialysis and advanced practitioner skills in dialysis to who will serve as resource person for other nurses, nursing students, patients and their families.

Nursing Research:

Nursing research is an integral part of nursing profession. Nurses role is not only limited to administering medications as prescribed by physicians. This role can be expanded by conducting research on various roles of a nurse. The findings of the study serve as a basis for the nursing body of knowledge and the students to conduct further studies in different areas of Chronic Renal Failure. The present study helped the nurse researcher to develop insight in to the research areas of Chronic Renal Failure .Nurse researchers must involve in conducting more studies in this area.

CONCLUSION

The purpose of this study conducted to help the home care takers to gain adequate knowledge regarding home care management of Hemodialysis patient knowledge on fluid, diet and care of fistula with exercise.

The core role of every care takers focuses on care aspects as information specific to dialysis procedure, management of fluid and diet, care of fistula, benefits of exercise as a means of stress reduction, and early detection of discomforts which may cause life threatening complications.

This study concluded the care takers have moderate knowledge on home care management and care takers had moderate knowledge due to medical teaching hospital, skilled nurses and also patients has been teaching about home care management whenever patients comes for dialysis.

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