

Support groups for Hemodialysis patients in the waiting room before Hemodialysis treatment

MRS. Iris Romach, . MRS. Inesa Gutman, MRS. Dora Niazov RN BA
Tel Aviv Souraski Medical Center, Tel Aviv, Israel.

Background

For patients with CKD stages 4-5 the preparation for dialysis therapy and the beginning phase of the actual treatment is a very stressful situation both for the patient and his/her family (Cloues, 2003). During this stressful stage, the patients tend to forget the information they received from the multidisciplinary team in the pre-dialysis clinic.

For old patients, refreshing the knowledge about their treatments is very beneficial because the burden of the treatment may cause mistakes.

The timing of group therapy is very problematic. Patients will not stay after Hemodialysis treatment or come especially for the meeting. During the therapy they are not always able to cooperate.

Working in a Hospital Unit with many very complicated patients leaves very little time for patient education. Accordingly we have decided to group the patients in the waiting room before the Hemodialysis treatment and discuss the different treatments and limitations that they have.

Advantages of Group therapy

- People participating in the group are able to see that there are others going through the same thing, which can help them feel less alone
- Group members can serve as role models to other members of the group
- Group therapy is very cost effective. Instead of focusing on just one client at a time, the therapist can devote his or her time to a much larger group of people
- Group therapy offers a safe haven. The setting allows people to practice behaviors and actions within the safety and security of the group
- By working in a group, the therapist can see first-hand how each person responds to other people and behaves in social situations.

LDies, R.R. (1993).

anor, O. (1994).

Objectives

- Ease the entrance of new patients to Hemodialysis treatment.
- Empower the old patients.
- Increase the patient's compliance.
- increase the patients satisfaction.
- Ventilation.
- Attention

Methods

We initiated Support Groups for the patients in the waiting room before their treatment. In the groups we had newcomers and old patients at the same time. The facilitators of the group were Nephrology Nurses from the units. The themes of the meetings were the different ways the patients cope with the illness and the treatment - ESRD and its medical implications, diet limitations, psychosocial problems, family issues and any other subject that the patients want to talk about.

Principals of patient education

- Uremia, depression, age, denial, anger etc. can cause delay in understanding
- CKD patients do not have patience for long teaching sessions
- The family, primary caregiver should be educated as well
- Written materials, pictures and discussions with patients already in Hemodialysis may also be very helpful
- Patients and family understanding should be evaluated continuously (ANNA 2006)

"You cannot imagine how great it is when you spend some time with us"



"I believe there is a kidney somewhere for me and this gives me the strength to continue with Hemodialysis"

"Finally someone is interested in us"



"I envy other patients who believe in god. It is easy to accept the disease and the treatment"

Results

- Older patients' experiences had a significant positive influence on the new patients' acceptance of their new status as Hemodialysis patients.
- The participants were very happy with the initiative which enabled them to share their feelings.
- The opportunity to talk about the daily routine of the unit was very important.
- The rating of their satisfaction questionnaire was higher following the sessions.

Conclusion/Application to practice

- Active theme-oriented group meetings with patients increases patients' satisfaction and ability to cope with the chronic CKD and it's treatment.
- There is no need to invite and persuade the patients
- There is no need for extra time for the nurses, therefore no extra cost
- Different patients join the groups each time so the same subject can be discussed several times
-