



# Support groups for dialysis patients and family members during Dialysis treatment

Dora Niazov RN. BA

Iris Romach RN. MA

Zipora Rapaport SMC

Tel Aviv Souraski Medical Centre  
Israel





# background

## Patient challenges:

- body image perception, sexual function impairment, physical limitations and psychological stress (Cloues, 2003)

## Family reactions:

- depression, fear, insecurity, hostility, anger, sorrow, blame, overprotection  
(Green, 2004)



# Hypothesis

Active theme-oriented meetings with patients and their family members increases patients' satisfaction and ability to cope with the chronic CKD illness.



# The educator of CKD stage 4-5 patient should remember that:

- 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 Haemodialysis may also be very helpful
- patients and family understanding should be evaluated continuously

(ANNA 2006)



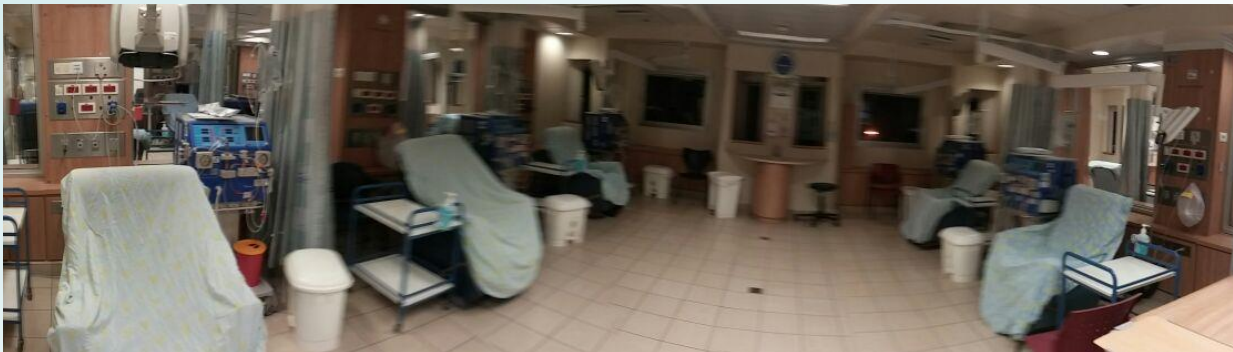
# Objectives

- ease the entrance of new patients to Haemodialysis treatment
- empower the old patients
- ventilation



# Setting of the group:

- place – in the dialysis room
- time – during treatment
- No. of sessions – 4
- 2 sessions per group each week
- participants – patients, families, principal caregivers
- 2 facilitators (nurses who learned group therapy)
- length of the session ~1hour





# Themes of the meetings

- medical implications
- diet
- nursing issues
- psychosocial issues



# Evaluation tools

1. immediate feedback at the beginning and the end of each meeting
2. closed remarks (1-4 levels of agreement)
3. open questions





# Results (1)

## Immediate Feedback:

- interesting information
- the opportunity to give advice to the new patients
- a good pastime during the long treatment
- opportunity to point out general problems concerning the routine of the unit.
- they welcome the initiative in general.



## Results (2)

### Closed questions:

- mark of questionnaire – 70
- no significant difference between old and new patients

### Open questions:

- the patients want more information about everything
- 2 patients prefer individual education



# Limitations of the project

- small number of participants
- age mix of the patients.40-80+
- old patients complains were not familiar to the new patient
- some of the patients are totally dependent on their caregiver and are not really interested in the treatment.



# Conclusion/Application to practice

- the older patients' experiences had positive influence on the new patients' acceptance of their new status as Haemodialysis patients.
- the rating of their general satisfaction questionnaire was higher following the sessions.
- TLC



# Future research

- compliance for medications uptake
- compliance on the diet
- improvement of blood results
- improvement of depression
- improvement of quality of life



**Thank you**

