

Effectiveness of integrating nutrition and nursing education strategies for reducing incidence of dialysis hypotension in hemodialysis patients.

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Background

Intradialytic hypotension (IDH) is very common, occurring in over 20% of hemodialysis (HD) treatments, and contributes significantly to morbidity and mortality in the end-stage renal disease (ESRD) population. The aim of this project is to explore whether intervention of nutrition and nursing education strategies can effectively reduce the incidence of dialysis hypotension in HD patients.

Intervention

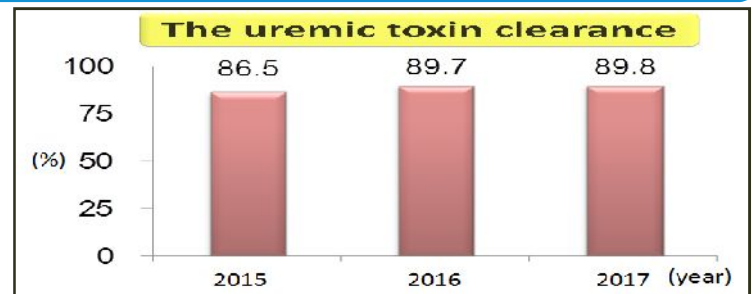
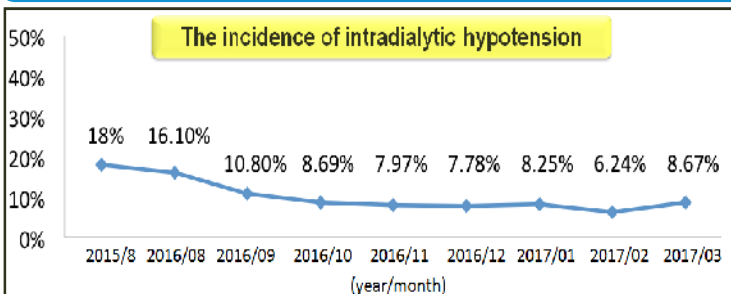
The subjects were the ESRD patient who receive regular hemodialysis over 6 months in the hospital. The integrated care or education strategies including

1. Implementing a protocol of nursing care on hemodialysis patients;
2. Revising the patient instructions and handout forms (including videos of hemodialysis exercise program and nutrition education posters);
3. Conducting a series of education lectures for patients and care givers;
4. Providing personalized homecare and nutrition education for patients.



Results

After the implantation of multiple strategies, the incidence of intradialytic hypotension decreased from 18% to 7.97%, the uremic toxin clearance increased from 86.5% to 89.8%. The results reveal that the integrated care program have been achieved effectively.



Conclusion

The integrated multi-care strategies effectively reduces the incidence of IDH of hemodialysis patients in the hospital. Encouraging patients and their care givers to learn how to do the self-management actively, such as self- water restriction, body weight control, and healthy cooking. All these strategies in this project could reduce the incidence of dialysis hypotension in HD patients, but also improve their quality of life.