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**Submitting author:** Ms Soso CHAN  
**Post title:** Nursing Officer, Princess Margaret Hospital, KWC

**Predialysis Health Education Program (PHEP) : Patient empowerment to initiate self health management for Peritoneal Dialysis (PD) in stage 4-5 CKD (Chronic Kidney Disease) patients**  
*Leung KCD, Chan YMS, Kong LLI, Wong WYS, Tang MKC, Fung KSS, Tang HL*  
*Division of Nephrology, Department of Medicine & Geriatrics, Princess Margaret Hospital*

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**Introduction**  
Health education is a process by which individuals and groups of people learn to behave in a manner conducive to the promotion, maintenance or restoration of health. PD first policy for stage 4-5 CKD in the locality impacts dialysis management in the residence of the patient. PHEP assumes individuals care about themselves and strive on when perceive as for their own interest.

**Objectives**  
1. To help participants to develop awareness on appropriate health management behaviours, to control disease progress and prevent potential complication  
2. To provide relevant information, explanation, demonstrations and advices in aspects of coping strategies, stress management, goal setting and problem solving.  
3. To identify potential needs of individual participants to facilitate subsequent disease management plan  
4. To cultivate self-motivation to initiate home PD management

**Methodology**  
Each Stage 4-5 CKD patient attends individual interviews with medical, nursing and social welfare professionals respectively, with the family/carer, for basic introduction on skills and strategy in self health management. A group discussion on their acquired information is facilitated by a delegated nurse for PHEP to enhance psychosocial preparedness to initiate PD management. Anonymous participant satisfaction survey is conducted to assess the perceived effectiveness of various information provided on long term health management plan by rating of 1-4 for very agree, agree, disagree and very disagree and 0 -10 for the overall effectiveness , the higher the more effective. Preparedness is measured by the availability of relevant resources in home setting for PD management.
Result
From 1 Jan 2013 – 31 Dec 2014, 289 participants. 61 patients (21%) completed the survey form. 100% rated agree or very agree for various information 3 (47%) – 4 (53%). Overall rating for the program is 9 (2013) - 9.6 (2014). 249 patients were trained and started home PD. There has been no extended hospital stay due to inadequate preparation for home PD.