



# KOWLOON WEST CLUSTER



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## Princess Margaret Hospital



### Evaluating Nursing Practice on NHHD training: Patient Empowerment Program

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#### INTRODUCTION:

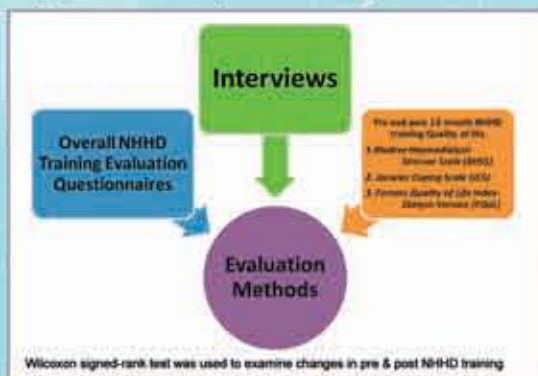
Nocturnal home haemodialysis (NHHD) provides an alternative home-based dialysis therapy to enable patients to continue their work and achieve better patients' outcomes at reduced cost. A systematic nurse-initiated patient self care training program is provided for NHHD patients. The training outcomes were positive and participants were able to perform NHHD safely and independently.

#### OBJECTIVES:

The aim of this study is to determine the effectiveness a systematic patient training program for nurse interventions in achieving the outcome of maximum independence for patients with long term end-stage renal disease requiring haemodialysis in home setting.

#### METHODS:

A retrospective analysis was carried out on 22 NHHD patients who received training from the period of 2006 to 2010. Feedback from patients and their family was solicited through questionnaires and interviews to evaluate the effectiveness of self-care interventions and nurse's approach in promoting individual independence.

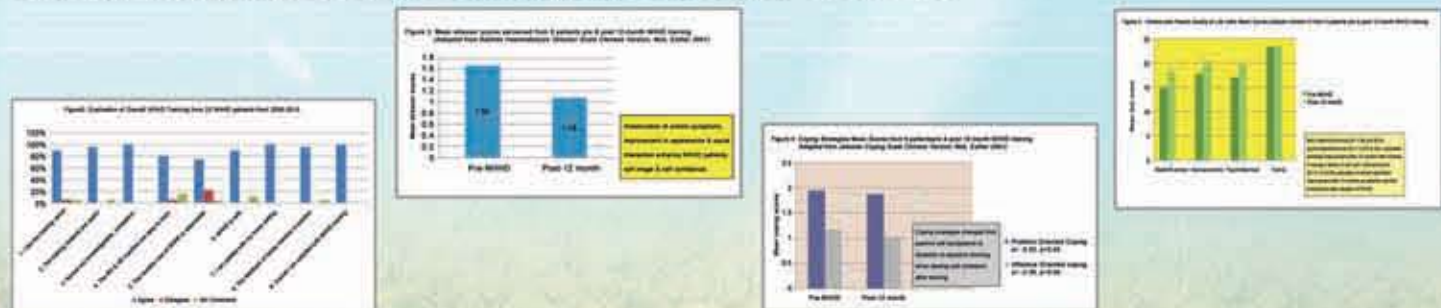


Parameter	Value
Patients (training subjects)	22 (n=22)
Gender	
Female	16
Male	6
Age	
Mean	41.9
Range	27-67
Pre-NHHD Mode	
Intermittent Dialysis	9
Continuous Hemodialysis	9
End-stage renal disease	4
Education level	
Primary	1
Secondary	11
Tertiary	6
Marital Status	
Married	22
Training sessions	
Mean	2.6 (range 1-5)
Range	1-5



#### RESULT:

All participants reported satisfaction with the nurse teaching competency, quality of training standards and logistic arrangement. 95% participants commented that teaching methods and materials provided were valuable, informative and useful. 90% reported an increased confidence in handling with NHHD independently and safely. 95% reported that self cannulation was the most difficult part of training. The patients reported 'a great enjoyment' since they could engage in full time employment and participate in normal social activities during daytime. QoL reviewed great improvement since the patients could return to normal employment after training and adoption of NHHD.



#### CONCLUSIONS:

A well-structured NHHD patient training program could strengthen patients' self care ability and control over their chronic disease which in turn to enhance their confidence, self esteem and patients' perception of their overall well-being as well as improvement in QoL. To booster confidence in self-cannulation, re-examination of patients will be conducted every half year to enhance their cannulation skills. As the existing program has also demonstrated encouraging patient clinical outcomes, future studies would be extended to evaluate the efficacy of the training program on relatively high-risk chronic kidney disease's patients.

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