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Nurse Clinic is Effective in Reducing Unplanned Readmission for High Risk End-stage-renal-disease Patients on Peritoneal Dialysis

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Introduction

The success of peritoneal dialysis (PD) treatment requires a high degree of patient participation in treatment and compliance on fluid restriction, diet restriction, dialysis and medication. It has been observed that patients with poor compliance are repeatedly hospitalized resulting in increased burden to the health care system and affect patient survival. The establishment of the Nurse Clinic for PD patients aims at providing care in a holistic approach includes addressing the patients' self-care ability and health behaviors such as treatment compliance.

Objectives

The objective of the study is to evaluate the outcome of the group of PD patients with compliance problem who have attended Nurse Clinic.

Methodology

This is a retrospective study with data retrieved from the OPAS and CMS systems. Three months' data were collected from 1/12/2014 to 28/2/2015 on the attendance statistics, clinic consultation summary, laboratory results and hospital admission.

Result

There were total of 171 PD patients attended the Nurse Clinic with 107 patients have compliance problem during the study period. 91 (85%) patients showed improvement in the next follow-up consultation on the respective clinical parameters including: blood pressure, fluid status, haemoglucostix, laboratory results and physical condition. The number of patients attended Nurse Clinic showed improvements are: fluid compliance: 42 in 48 attendance (87%); diet compliance: 3 in 5 attendance (60%); medication compliance: 45 in 53 attendance (84.9%); dialysis compliance: 1 in 1 attendance (100%). The number of patients with unplanned admission within 28 days before attending Nurse Clinic is 32 (30%); while the number of patients with unplanned admission within 28 days after attending Nurse Clinic is 7 (6.5%).
Conclusions: PD patients with compliance problems have showed improvement after attending Nurse Clinic. These improvements can be revealed in clinical parameters and physical condition. The unplanned admission within 28 days was

reduced from 30% to 6.5%.