

Summary

Chronic renal failure is a worldwide public health problem with increasing prevalence, high cost and poor outcomes. Compliance is part of helping relationship between patient and health professionals. It is the outcomes of nurse patient communication and interaction. There is increased attention to the effect of compliance on health outcome (*Afifi & Karim, 2006*).

End stage renal disease (ESRD) is a treating disease for saving the patient's life. In Egypt, each year, over 117 patients per million are on hemodialysis which makes the disease to be a national problem because of its effects on patients. The disease is not only a clinical issue but also social, economic and psychological problem affecting both the patients and the society that is why ESRD now is focused on (*Abd El-Azeem, 2008*).

- **Aim of the study:**

The aim of the current study was to assess home self care for hemodialysis client through: assess client's knowledge and practices regarding to self-care management

Research questions:

- 1-Is there a relation between patient with renal failure knowledge regarding self-care and their socio-demographic?
- 2- Is there a relation between patient with renal failure practice and socio-demographic characteristics?
- 3- Is there a relation of home environment and patient self-care?

- **Methodology:**

This study included all female RF clients (100) on regular hemodialysis in different two dialysis units; two tolls were used for data collection:

1-Questionnaire which consists of two parts:

(1) Patients socio-demographic characteristics. (2) Medical history. (3) Patients home environment. (4) Patients knowledge about renal failure. (5) Patients knowledge about self – care. (6) Patients attitude regarding to renal failure.

2-Observational Checklists:

Client practices of self-care regarding to renal failure.

- **Results of the study reveal that:**

The sample included 100 female clients from Benha Educational Hospital and Benha University Hospital female.

The result revealed that more than two fifth (41%) HD patients were illiterate and the high prevalence was female among the age group 48 to 57 years, and the most common cause of RF was hypertension (61%).

The (48%) of clients had good knowledge about meaning of renal failure, while the (48%) of clients had good knowledge about meaning of personal hygiene, also the (79%) of clients had average knowledge about importance of sleep and rest, while (69%) of the studied samples cannot able to make simple activity, and (68%) of the clients always feel frightened and worried.

There was statistical significant relation between, age, residence, educational level, occupation, income and knowledge related renal failure, there was statistical significant relation between age, residence, educational level, marital status, occupation, income and practices related to self-care management. But there is no statistical significant relation between marital status and total knowledge level and there is no statistical significant relation between caregiver and total level self care practice related renal failure.

• **Based on the previous results the following recommendations are suggested:**

- Develop and implement health education program about how to prevent and delayed ESRD among the high risk group.
- Conducting health education sessions for all new cases about the hemodialysis and clients self care.
- Continuous education program for all clients received hemodialysis and their families to up grad their knowledge about treatment and self care.
- Provision of a booklet for self care of clients undergoing hemodialysis should be available in all hemodialysis units and to be given to all newly admitted patients.

To improve clients self care practice, before starting hemodialysis sessions he/she should receive teaching about the following topics: the purpose of the treatment, medication, side effect of treatment, care of vascular accesses, diet and fluid restriction, fluid over load prevention and management of complication.
