



## Summary

Chronic Renal Failure (CRF) is recognized as a major health problem resulted from irreversible damage for kidney tissues which requires significant care for patient with a complex and demanding medical regimen. Self-management behavior including adherence to prescribed medications, caring for vascular access and the daily management of dietary and fluid intake is very important for these patients nevertheless, many CRF patients do not successfully execute these self-management activities as a result for many factors such as physical factors, psychological factors and social factors. Of these factors, no adherence is the most common among hemodialysis patients.

### **Aim of the Study:**

The current study aimed to:

- 1- Assess the patient's needs of self management activities for patient with end stage renal failure.
- 2- Assess the factors affecting self management for patients with end stage renal failure.

### **Subject and Methods:**

#### ***Research Setting:***

The study was conducted in hemodialysis unit at Benha University Hospital.

#### ***Research Subject:***

Sample size was (100) patient with end stage renal failure from both genders who agreed to participate in the study and available throughout 6 months. The study was conducted at Benha University Hospital from 1/ 1/ 2011 to 1/ 7/ 2011.



## Tools of Data Collection

In order to fulfill the aim of the study the following interview questionnaire sheet was used which consist of two parts:

### **1-Structured interviewing questionnaire sheet it was used to obtain the following:**

- 1- The demographic characteristics of patients with end stage renal failure such as age, educational level, family income, occupation and social condition.
- 2- The medical history of patients such as onset, duration of hemodialysis, number of sessions, complications during sessions and other chronic diseases.
- 3- Patients' knowledge about chronic renal failure and hemodialysis. including definition of CRF, signs and symptoms, duration of illness, complication and side effect of hemodialysis

### **11- Assessment questionnaire for chronic renal failure patients to:**

- 1- Assess the patient's need of self management activities including; diet and fluid restriction, medication adherence and vascular access care (fistula).
- 2-Assess the factors affecting self management (physical, social and psychological) for the patients undergoing hemodialysis.
- 3- Assess the level of self efficacy for the patients with ESRF.



## **Results:**

### **Findings that were obtained from the present study could be summarized as the following:**

- There was homogeneity among the studied sample (males & females) regarding age, educational level, occupation, marital status and residence.
- Around half of female and male patients (50% and 48.3%) respectively were began HD from about 0-5 years. In addition that all studied group (100%) had three times per week for HD.
- The majority of the studied sample (74%) were complained from hypotension, while the minority of them (24%, 24%, 32%, 23% and 38%) were complained from shortness of breathing, itching, fever, back pain and abdominal pain respectively.
- the majority of the studied patients (93%) had good level of care related to vascular access, while the minority of them (39%) had good level of self management related to medication adherence
- The majority of the studied patients (85%) had moderate level of knowledge, while the minority of them (10%) had good level of knowledge related to the disease.
- There was highly statistical significance relation between educational level and level of patients' knowledge related to disease.
- Around two third (61%) of the studied patients had high self efficacy to the disease, while more than one third (39%) had moderate self efficacy.
- There was no statistical significance relation between level of self efficacy and demographic characteristics



- There was no statistical significance relation between self management and demographic characteristic.
- There was positive correlation between self management and total physical & psychological factors.
- There was positive correlation between self efficacy and (social factors & self management).

### **Conclusion:**

In the light of the study finding, it might be concluded that, patient's need to improve self management related to fluid and diet restriction & medication adherence. Additionally, many factors such as physical and psychological factors which are impressed by individuals' experiences, beliefs, expectations and perceptions affected on self management activities for the hemodialysis patient.



## **Recommendations:**

**In the light of the findings of the present study, it could be recommended the following:**

- Health Educational for patients about fluid and diet restriction, medication adherence and vascular access care through careful and efficient nursing interventions.
- Developing patients' ability to recognize and coping with psychosocial and behavioral problems.
- Encountering the patients and facilitate support for psychosocial and physical needs through effective communication within a committed, multidisciplinary team who share a vision of the significance for patients of psychosocial interventions that contribute to optimal renal replacement therapy and treatment outcomes
- Mass media materials as films, video tapes, posters and handout should be available for clients in the outpatient clinics and hospital department of renal dialysis with simple language and updated knowledge about renal dialysis.
- Developing more future researches to investigate physical, psychological, social needs and effect of them on patients' health status and compliance.
- The study should be performed on a larger representative sample from different geographical areas in Egypt to achieve generalization of the results.