

Empowering the Hemodialysis Patient Through Education Abstract

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Year of Completion: 2008

Abstract

Healthy People 2010 has a major goal of improving health outcomes. This study has been designed to evaluate if providing appropriate renal-focused education (Kidney School) to the End Stage Renal Disease (ESRD) patient during their hemodialysis treatment would improve health outcomes. The health outcomes include hospitalization, blood pressure, interdialytic weight gains and attendance. The volunteer participating patients are being assisted with the computerized schooling series during their hemodialysis treatments. A take home book of Kidney School has been given to each patient to share with their families. The sixteen modules of Kidney School will take approximately 4 months for the participants to complete. A pre- intervention kidney disease quality of life (KDQOL) questionnaire along with the pre health outcomes data will be obtained before “attending” Kidney School. This data with KDQOL will also be obtained after “graduating” from Kidney School. This study is important because of the growing population of ESRD patients. Hemodialysis is a very expensive health care modality and increasing the patient’s education has been shown in other chronic illnesses to increase the patient’s involvement in their care. An involved patient is an empowered patient. Patient empowerment has been shown to improve health outcomes. The objective of this study is to evaluate if an empowered educated ESRD patient has improved health outcomes and an improved quality of life.