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An efficient approach for fluid management in patients on hemodialysis

End-stage renal disease is a major public health problem worldwide. Hemodialysis is the most widely used renal replacement therapy in patients with end-stage renal disease. It is important to note that death in this patient group have frequently resulted from cardiovascular diseases. Therefore, dietary restriction of salt and fluid intake is a beneficial practice in terms of fluid management in patients on hemodialysis. However, nonadherence to salt and fluid restrictions is common in patients on hemodialysis. Studies have reported that the prevalence of nonadherence with diet ranges from 58.1% to 81.4%, while the prevalence of nonadherence with fluid restriction ranges from 68.1% to 87.9%. Nonadherence is more common in males, younger, married patients, smokers, those with longer hemodialysis duration and patients with lower social support. Previous studies have indicated that strategies such as avoiding salty foods, limiting salt on food, spacing liquids over the entire day, staying out of the hot sun, taking medication with meal time fluid, chewing gum/sucking hard candy and drinking ice water/eating ice chips are used more often by patients on hemodialysis to reduce fluid intake and relieve thirst. Nurses should provide counseling and education on the effects of nonadherence to diet and fluid restrictions to patients on hemodialysis. The interdialytic weight gain should be regularly controlled and patients should be advised about the fluid management strategies. In this review, the scientific data regarding the fluid management in patients on hemodialysis were discussed.

Biography

Belguzar Kara is a Professor of Internal Medicine Nursing in the Faculty of Health Sciences at Yuksek Ihtisas University in Ankara, Turkey. She has focused on chronic disease management, nursing education and behavior change. She is an experienced Researcher and Author. Her research interests include self-care, adherence, coping, social support, sleep quality, health beliefs and health-related quality of life in patients with a variety of chronic illnesses, complementary and alternative medicine, and geriatrics and gerontology.

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