

Self-care Intervention among Patients with Chronic Kidney Disease Receiving Dialysis at BPKIHS

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Abstract

Chronic kidney disease is increasing globally, affecting approximately 10% of the adult population. As the number of chronically ill individuals is growing, it becomes difficult for existing health care system to adequately address their diverse needs. Considering numerous physical and psychological problems in such chronic patients, it is challenging for them to carry out basic self-care behaviors. Self-care is the performance or practice of activities that individuals initiate and perform to maintain life routinely. This study aims to determine the adequacy of self-care interventions of these patients and find out the association with selected independent variables.

A descriptive Cross-sectional study design was used to conduct the study. Among all patients who were undergoing maintenance dialysis for more than three months currently at BPKIHS, 50 subjects who were selected purposively who were eligible. Interview questionnaire was used for data collection after obtaining informed consent, confidentiality and anonymity was maintained. Collected data was analyzed. Among 50 respondents, self-care intervention was adequate among 66% of them. The mean percentage score was highest in infection control domain (90 ± 19.33) and lowest in healthy coping (26 ± 44.30).

1. Self-care intervention was higher among those participants who had higher level of education, had
2. increased health care contact but nearly one third of them were still lacking the adequacy. It is necessary
3. to enhance their coping skills and inculcate progressive self-care behaviors by making them aware regarding the ways to perform self-care which they can adopt independently in their daily lives.

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Biography:

Prof. Dr. Ram Sharan Mehta is Head of Medical-Surgical Nursing Department in College of Nursing, B. P. Koirala Institute of Health Sciences Nepal. I am involved in teaching Medical-Surgical Nursing for more than 20 years. I am involved in teaching the Nursing Education to the undergraduate and post graduate nursing students. I am the member of Journal of BPKIHS institute and actively involved in the guiding the undergraduate and post graduate nursing students.