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Living with peritoneal dialysis: A patient's journey

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Patients with Chronic Kidney Disease commonly develop End-Stage Renal Disease (ESRD); which requires renal replacement therapy at some stage. The disease combined with the treatment, have a major impact on patients' personal, family and social lives. Patients have to get used to changes in their life styles, diet & fluid intake; due to the condition, routine medical procedures, doctor's visits and medical expenses. Studies have found that elderly and younger patients experience the disease and treatment differently; and have different needs. In one study, younger patients have expressed certain gaps in healthcare; that can help improve younger patients' experiences. Many of them volunteered to act as mentors for other "new" patients; to improve patient education. Families are usually the main social support system for patients, and can greatly contribute to the patient's disease management. In patients with ESRD consultation is largely with the families. One large study showed a close relationship between family education levels and PD patient outcomes. This may be due to higher education levels being associated with better access to healthcare, as well as better understanding of information. Apart from the effects on the patient, the disease also impacts on the patient's family; who may have to help care for him/ her. The whole family is affected by the fact that dialysis and kidney transplant is needed; and this can be overwhelming for both patient and family members. Financial pressures due to medical costs and sick leave, place a further strain on the wellbeing of the whole family. The speaker will present the experience of a peritoneal dialysis patient whose father also suffered from CKD, and had a kidney transplant.

Biography

Gina Granger is a lifelong learner, who completed a Master's Degree in Nursing, a Bachelor Degree in General nursing, a Bachelor Degree in Education and Community Health, a Diploma in Midwifery, a Diploma in Psychiatric Nursing, Certification in NICU Nursing, Certification as International Board Certified Lactation Consultant, and she is a certified AHA BLS Instructor. During a nursing career of over 40 years (in General nursing, Midwifery, Psychiatric nursing, Community Health, NICU and Nursing Education); she was a preceptor, mentor and educator for nurses in South Africa, as well as in the United Arab Emirates. This included the commissioning of education departments, planning training for dialysis nurses to up skill them, preparing staff for international accreditation; training basic & advanced life support; and developing of and training staff on nursing policies, procedures and competency assessment tools in various healthcare facilities.

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