

Evaluation of pharmacist provided counseling in improving knowledge, attitude and practice towards chronic kidney disease among dialysis patients at teaching hospital in Nepal

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Chronic kidney disease (CKD) is a worldwide public health problem with an increasing incidence and prevalence, poor outcomes and high cost. Patient involvement forms the keystone in the management of the chronic diseases such as CKD. This study evaluated the effects of pharmacist provided counseling in selected patients undergoing dialysis towards CKD in terms of their knowledge, attitude, and practice outcomes. A total of 64 patients with ESRD were enrolled, into the prospective, case control, interventional study based on the inclusion and exclusion criteria. Knowledge, Attitude and Practice (KAP) of patients regarding CKD were assessed and recorded at baseline by using a suitably designed questionnaire. Case grouped patients were counseled regarding CKD, their medication, diet and lifestyle, and they were also provided with informative leaflet whereas in the control group patients the pharmacist did not intervene. After the intervention period of one month KAP score of both group patients were measured using the same KAP questionnaire. The effectiveness of counseling on case group patients was evaluated by comparing the mean KAP scores before and after counseling by applying paired sampled T- test. The result showed that before intervention, the mean KAP scores were 8.16 ± 4.378 , 38.19 ± 3.217 and 6.69 ± 0.896 respectively and these scores were changed to 13.75 ± 3.510 , 38.78 ± 3.035 and 6.91 ± 0.777 respectively after the intervention ($p < 0.05$). But no significant changes were observed in control group patients ($p > 0.05$). Hence, the study concludes that the pharmacist provided counseling is effective in improving KAP of patients towards the disease management.

Biography

Anurodh Ghimirey has completed B.Pharm at the age of 26 years from Dr. MGR Medical University, Chennai, India and is currently a Pharm.D (Post-Baccalaureate) Intern in Kathmandu University, Dhulikhel, Kavre, Nepal. He has been involved in teaching Pharmacology and Pharmacotherapeutics in Karnali College of Health and Science, Kathmandu, Nepal. He has a keen interest in research activities. He is a member of International Pharmacist Federation (FIP) and has been actively participating in different professional activities of Nepal Pharmacy Association. He has presented papers in Annamalai University, India and Kathmandu University, Nepal and attended different conferences and workshops.

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