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The effect of motivational interviewing method on treatment adherence and quality of life in chronic hemodialysis patients

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This study was conducted as a research design with randomized controlled pretest, posttest, and control group with repeated measurement aiming to determine the effect of motivational interviewing on treatment compliance and quality of life in chronic hemodialysis patients. A total of 60 patients with hemodialysis (30 experimental and 30 controls) were included in the sample of the study. The data were collected between March 2016 and July 2016 by using the questionnaire form and End-stage Renal Disease Adherence Questionnaire with Short Form 36. Also, Biological/Biochemical values were obtained from medical records. After pretest, motivational interviewing consisting of four sessions was implemented to experimental group. Pre- and post-intervention and 3-month follow-up were performed in the experimental and the control groups. After intervention, there were detected meaningful difference posttest ($Z=-4,217$, $P<0,05$) and 3-month follow-up ($Z=-3,074$, $P<0,05$), when the pretest, posttest and 3-month follow-up End-stage Renal Disease Adherence Questionnaire scores of the patients in the experimental and control groups were compared. Short Form-36 subscales showed no significant difference between the experimental and control groups in the pretest, posttest and 3-month follow-up. However, there was a meaningful difference between the pretest-posttest and pretest-3-month follow-up averages of the experimental group. Of the biological/biochemical data; daily fluid intake and potassium values were meaningful different in post-test and 3 months follow-up in albumin values. As a result, the motivational interviewing method was found to be effective in improving adherence to treatment and quality of life in chronic hemodialysis patients.

Biography

Fatma Yasemin Kutlu completed her Nursing degree at Istanbul University Florence Nightingale School of Nursing and her Master's degree and PhD degree in Istanbul University Health Science Institute. She is an Associate Professor of Mental Health and Psychiatric Nursing at Istanbul University Florence Nightingale Nursing Faculty. She has published more than 100 papers, chapters, abstracts/congress proceedings in national and international journal. She has been serving as an Editorial Board Member of the *Turkish Journal of Psychiatric Nursing*. She was the President of the Turkish Psychiatric Nurses Association (2009-2013). Also, she is a Member of the Horatio (European Association for Psychiatric Nurses) Expert Panel (Education Working Group).

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