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Need-based instructional program on care competency of informal caregivers for chronic renal failure patients at home

Rajesh Kumar Sharma
Himalayan College of Nursing, India

Introduction: Majority of patients with Chronic Renal Failure (CRF), Chronic Kidney Disease (CKD) and End Stage Renal Disease (ESRD) depends on their family and friends to manage their chronic illness throughout the course of illness. Appropriate home care of CKD can help to prevent or delay the progression of illness.

Aim & Methods: A pre-experimental study with quantitative approach was undertaken on 45 caregivers of CKD patients with the objective to study the improvement in competency regarding home care through administration of an instructional program and information booklet. The program and the booklet consisted information on nutritional management, rest and exercises, psychological support and communication, fistula care, maintaining skin integrity and maintaining fluid and electrolyte balances in CKD patients. Subsequently knowledge and skills of care givers regarding care at home was assessed.

Results: The mean difference of knowledge score was statistically significant ($t=19.156$) at 0.05 level of significance. The mean difference in practice score was statistically significant at 0.05 level of significance. The results suggested that instructional program regarding home care was effective in terms of enhancing knowledge and practice score among caregivers of CRF patients.

Conclusion: Educating the caregivers of CKD patients about importance of specialized care will help in providing optimum care in patients of CKD.

Biography

Rajesh Kumar Sharma is currently working as an Associate Professor at Himalayan College of Nursing. He also works as an Advisor for Student Nurses Association since 2010, Chairperson for Continuing Nursing Education Department since 2014, Member, Academic Council of Swami Rama Himalayan University, Member of Admission Committee of Swami Rama Himalayan University and Member in various committees like Curriculum Committee, Research Committee, etc. He is interested in nursing education, cardiology nursing, critical care nursing and research. Currently he is working to improve clinical learning and teaching for nursing students in clinical setting.

rajeshsharma.hcn@gmail.com

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