

## The effect of the training provided based on health belief model on rational drug use in patients undergoing hemodialysis

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**Aim:** This study was conducted in order to determine the effect of the training, provided for the patients undergoing hemodialysis in accordance with the Health Belief Model (HBM), on rational drug use.

**Material and Method:** The first stage of the study, which was conducted in two stages, was carried out methodologically and the second stage was carried out as the pretest-posttest randomized controlled trial model. The population of the study was composed of all the patients (n=396) receiving hemodialysis treatment in the dialysis units where the study was conducted. As a result of the power analysis, the sample

size was decided to be 132 (66 patients in the experimental group, 66 patients in the control group). The study was conducted in Malatya and Elazig cities between March 2017-September 2018. The data were collected using the patient information form and the rational drug use scale (RDUS) prepared by the researchers. The training on rational drug use was provided to the patients in the experimental group in accordance with the HBM twice at 15day intervals. The descriptive statistics, Cronbach's alpha, chi-square and dependent and independent samples t-test were used to assess the data.

**Results:** According to the pretest measurement data, the RDUS mean score of the experimental group was  $60.29 \pm 10.17$  and the RDUS mean score of the control group was  $62.85 \pm 9.94$ . According to the posttest measurement data, the RDUS mean score of the experimental group was  $78.80 \pm 8.16$  and the mean

score of the control group was  $63.48 \pm 9.77$ . It was determined that the difference between the pretest scores of the experimental and control groups was not statistically significant and the difference between the posttest mean scores was significant ( $p < 0.001$ ).

**Conclusion:** In the analyses, it was determined that the training provided in accordance with HBM increased the rational drug use of the patients undergoing hemodialysis. It may be recommended to use RDUS to measure the rational drug use, to use HBM as a guide in the training to be provided on the rational drug use and to provide the training on rational drug use for the patients undergoing hemodialysis.

### Biography

Zeliha Cengiz is a PhD student in the Fundamentals of Nursing. She has more than 8 years of history in nursing profession. She is currently working research assistants at Inonu University Faculty of Nursing.

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