

15th Euro Nursing & Medicare Summit

October 17-19, 2016 Rome, Italy

The effect of health perception on non-adherence to diet and fluid restriction in hemodialysis dependent individuals

Safiye Yanmış and Seher Ergüney
Atatürk University, Turkey

Aim: This study was conducted in order to determine the effect of health perception on non-adherence to diet and fluid restriction in hemodialysis dependent individuals.

Materials & Methodology: This research was conducted between October 2013 and June 2016. The study was done on patients who were under permanent treatment at Atatürk University, Faculty of Medicine Dialysis Unit between November-December 2013, sent from the epicenter for a short term of treatment. Sample consisted of 100 patients, 62 patients under permanent treatment between those dates in the dialysis unit who were convenient for research criteria and 38 patients who came for a short term treatment. Personal data form, HPS and the QDDF were used for data acquisition. Cronbach's alpha, Mann-Whitney U test, Kruskal Wallis test and Spearman correlation were used for the data evaluation.

Results: Average age of the participants in the research was determined to be 42.98 ± 16.24 , while their dialysis average time was 80.57 ± 61.12 months. HPS point average was specified as 44.07 ± 8.42 . Among the scale's sub-dimensions, certainty sub-dimension point average was found to be the highest, as self-awareness sub-dimension point average was the lowest. Of the individuals, 70% and 69% were found to have difficulty in adhering to diet and fluid restriction, respectively. A meaningful avoidant weak relationship was found between HPS point average and diet and fluid restriction frequency and degree. It was determined that the better health perception got, the less non-adherence to diet and fluid restriction frequency.

Conclusion: In line with these findings, healthcare workers should specify the health beliefs that the hemodialysis patients have and help them towards expressing themselves about diet and fluid restriction.

Biography

safiyeyanmis@hotmail.com

Notes: