17th World Congress on

# Clinical Nursing & Practice

August 29-30, 2018 | Zurich, Switzerland

## Comparison of education by peer and nurse on self-care rate of hemodialysis patients referring to three selected hospitals in Isfahan province in 2017

**Majid Kazemi**
Rafsanjan University of Medical Sciences, Iran

**Introduction & Aim:** Chronic renal failure and the hemodialysis process due to its chronic and disabling nature have deleterious effects on the ability and function of these patients and cause many defects in their self-care behaviors. On the other hand, having proper self-care behaviors leads these patients to maintain and promote healthy living in order to have mental, psychological and physical well-being as well as more social well-being. The current study was conducted with the aim of comparing peer education and nurse education on hemodialysis patients' self-care.

**Methodology:** In this quasi-experimental study, 105 hemodialysis patients referred to the selected hospitals in Isfahan province were selected using available sampling method. The data collection tool was self-care questionnaire of hemodialysis patients completed with the method of face-to-face education by peer and nurse for hemodialysis patients before and one month after training in three groups of training by peer and nurse and a control group in these patients and the data were analyzed using SPSS version 20 software.

**Results:** In this study, 105 patients were evaluated in three groups with an average age of 50.49±15.91 and 64 persons (61%) were male and 41 persons (39%) were female. Duration of dialysis treatment is .54±1.32 years. There was no significant difference in gender in three groups (p=0.179). The education of hemodialysis patients performed by peer and nurse was effective on the level of self-care and all variables studied (nutrition, sleep, depression, activity and fistula) and increased in the post-intervention period compared to the previous one (P=0.0001).

**Conclusion:** It can be concluded from the data of this study that training by the peer and the nurse is effective on self-care behaviors of hemodialysis patients and will improve these behaviors.

### Biography

Majid Kazemi has completed his PhD at Isfahan University of Medical sciences and he is teaching in the School of Nursing at Rafsanjan University of Medical Sciences since 1995. He is the Director of Education at Rafsanjan University of Medical Sciences. He has published more than 70 papers in reputed journals and has been serving as an Editor of the *Community Health Journal*.

**Notes:**

Advanced Practices in Nursing
ISSN: 2573-0347

Clinical Nursing 2018
August 29-30, 2018

Volume 3

Page 80