FRESENIUS MEDICAL CARE

Assessment of care requirements in patients with chronic kidney disease during haemodialysis

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Introduction

Haemodialysis (HD) patients are getting increasingly older and suffer from more comorbidities so that nursing teams have to assess their needs. On the other hand, availability of the resources does not increase likewise. Thus, it is important to determine the needs of these patients to identify the optimum level of care during the haemodialysis sessions.

Objectives

To identify the needs of nursing care during the HD session.

Methods

Our evaluation was conducted in three phases:

- Phase 1: comprised a review of scientific literature regarding patient care requirements during haemodialysis treatments according to Virginia Henderson's Philosophy;
- Phase 2: a questionnaire was developed, validated by Seniors Nurses (more than five years' experience);
- Phase 3: the questionnaire was distributed to nurses with more than six month of training. Participation was voluntary and anonymous.

The statistical analysis of data *(descriptive statistics)* was performed using *SPSS* and *Excel®*.

Valued needs of care

- **Vascular Access**
(Connection and disconnection of patients with CVC and AVG with aseptic technique)

- **Treatment-related safety**
(Intra-dialytic complications and wash the access arm)

- **Counselling about treatment**

- Dependency replacement, aid and partnership needs
- Psychological and emotional adaptation
- Helping the patient to accept body image

Picture 1: Needs of care valued by nurses

Figure 1: Care needs that represents high consumption of time in patient care during the haemodialysis session

Results

- 44 *care needs* were identified according to Virginia Henderson's Philosophy.
- 116 nurses answered the questionnaire, mostly female (80%); most of them between 26 to 30 years (32.8%) and 41 to 45 years (25.9%). 30.2% had at least 12 year of professional experience in haemodialysis. According to Benner (2001) 40.5% of the nurses were considered experts.
- Most of the nurses valued the importance of monitoring the vascular access as a key point of care, as well as treatment-related safety and health education.
- When asked about the *needs* that represent a high consumption of time they mentioned the mobilisation of patients, counselling on diet, vascular access and a safe haemostasis.
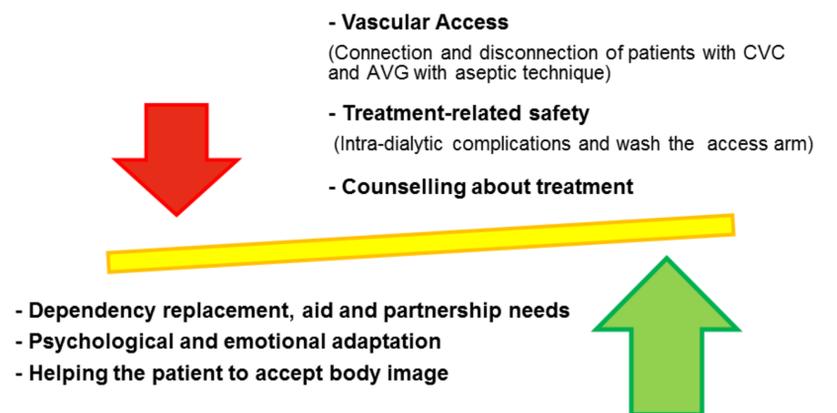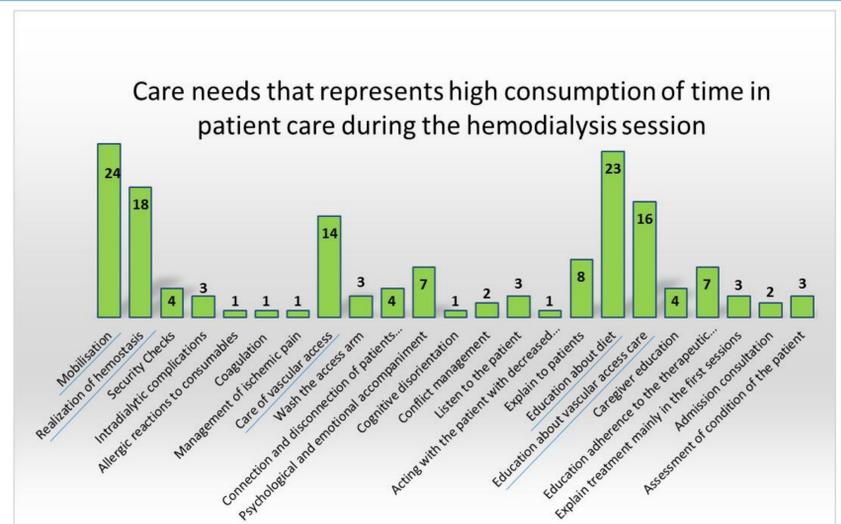
Conclusion

Throughout this process, a wide range of care measures were identified on these patients during haemodialysis.

It was also identified that around 50% of the nurses do not stimulate patients to wash their vascular access arm neither assist them on doing so. Educating the caregiver is undervalued. Training in these areas will need to be strengthened. The results identify the *care needs* that nurses should pay more attention to, namely haemostasis, patient education and vascular access management. These *needs* should be integrated into patient care plans based on their specificity. Adequacy of resources according to the *needs* of patients, contribute to higher quality, safety, efficiency and motivation of the staff.

References
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