

Involvement of the family and caregiver as a priority in haemodialysis

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Introduction

Haemodialysis patients need the support of their family or caregivers to improve their quality of life. In our dialysis centre, we implemented a programme with several activities involving family or caregivers in the haemodialysis treatment.

Objectives

To find out the families' or caregivers' opinion about our method of caring for their relatives.

Methods

During the last two years, we developed several activities in our centre to make the patients' families or caregivers feel integrated not only in the treatment of haemodialysis, but also in the daily life at our dialysis centre.

Therefore, we implemented a variety of common activities, for example: Open house day, Christmas party, patients' day, educational discussions, physical exercise programme, photo exhibition, library and a vivid communication during the first and regular follow-up meetings.

We asked the families and caregivers about their opinion about our clinic activities by means of questionnaires. We chose the answers of 35 families and caregivers in a survey using yes/no.

Results and Conclusion

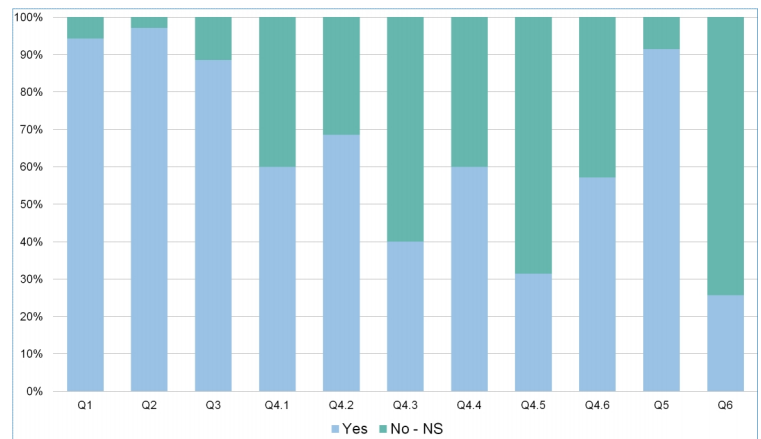
The results of the surveys show that the family and caregivers find this involvement in the centre's activities very good. They report that their confidence in the team has increased significantly.

Due to the success of these initiatives, this model could be applied to other centres in future.

Questionnaire

- Q1. Do you feel involved in your relative's treatment?
 Q2. Do you have information regarding the diet your relative has to follow?
 Q3. Do you believe that the clinic's different activities are positive?
 Q4. Participation in different activities such as:
 Q4.1. Open house day
 Q4.2. Educational discussions
 Q4.3. Christmas party
 Q4.4. Meeting with former patients and new patients and their relatives
 Q4.5. Nephrocare patients' day
 Q4.6. Physical exercise during dialysis
 Q5. Do you think that this kind of activities increases your trust in the clinic?
 Q6. Do you think that the frequency of these activities should be increased?

Questionnaire



Questionnaire results



Pictures showing different activities

References

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