



# Achieving Phosphate control in a Haemodialysis Clinic through enhancing patients knowledge.

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# Hyperphosphataemia

- ▶ Serious complication in patients with chronic kidney disease.
  - ▶ Linked to increased hospitalisation, cardiovascular events and increased mortality.
  - ▶ Maintaining serum phosphate levels and enhancing patients knowledge is vital.
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# Aim of the study

- ▶ The aim of this study is to assess and enhance patients knowledge on phosphate control and improve serum phosphate levels.
  - ▶ A study was conducted by means of a questionnaire before and after the initiation of the information leaflet.
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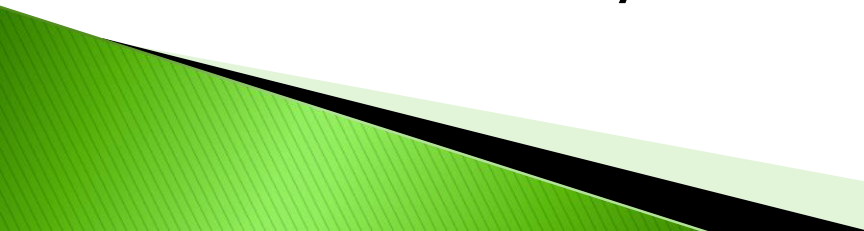
# Methods

- ▶ Results from the questionnaire confirmed the need for the information leaflet.
  - ▶ Results of the questionnaire were discussed with members of the multi-disciplinary team, staff nurses, unit dietician, nurse managers and clinical nurse specialist.
  - ▶ Liaising with Unit Dietician for up date information on high phosphate foods was vital. An information leaflet was then created.
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# Results

- ▶ 30 Patients attending dialysis Monday Wednesday, Friday were chosen.
  - ▶ Respond rate of the survey was excellent 30 patients of the 30 agreed to fill out the questionnaires.
  - ▶ Patients reported that the information leaflet was valuable in helping them have a better understanding of phosphate control.
  - ▶ Clinical audits after a month showed an improvement in serum phosphate levels.
  - ▶ Clinical audits are ongoing at present.
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# Conclusion

- ▶ Education to patients through information leaflets has proven to improve the management of serum phosphates levels.
  - ▶ Renal nurses are in a prime position to promote education. Furthermore, this will provoke continuous professional development amongst renal nurses.
  - ▶ It also will benefit renal nurses by providing them with up to date evidence based practice allowing them to provide high quality of care (The Nursing and Midwifery Board of Ireland, 2017)
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# Recommendations for practice

- ▶ Although, dieticians have a vital role to play in phosphate control, renal nurse are well positioned to have an understanding of patient's lifestyle and educational needs due to working so closely with them(Stum et al,2017).
  - ▶ It is suggested that education by renal dieticians to renal nurses would provide an additional benefit on phosphate control in haemodialysis patients i.e educational workshops.
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