



Effects of Teaching Programme on Quality of Life for Patients with End-stage Renal Disease

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Background:

End-stage renal disease and its treatments negatively affect quality of life. Self-care is an important approach for helping the patients deal with their problems.

The Aim of this study was to improve self-care and quality of life of haemodialysis patients through teaching and evaluating their quality of life.

Methods:

This quasi-experimental study was conducted in the dialysis unit of Suez Canal University Hospitals, participants were 50 patients receiving maintenance haemodialysis. Data were collected using a structured interview questionnaire, and the Kidney Disease Quality of Life Scale Short Form.

Results:

Statistically the results show significant improvements that were revealed in the scores of many domains of quality of life, $p < 0.001$, except the physical domain. Statistically significant associations were revealed between pre- and postprogramme improvement in the total quality-of-life scores.

Conclusion:

The statistically significant independent predictors of quality-of-life improvement were programme attendance, dialysis duration and marital status.

Pre-post program scores of quality of life (QOL) as assessed among patients in the study sample

