Protocol

The Effect of Nursing Counseling on Improving Knowledge, Adherence to Treatment and Quality of Life of Patients Undergoing Hemodialysis

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Abstract

Background The success of hemodialysis (HD) treatment depends largely on patient adherence to strictly recommended treatment regimen. Non adherence to therapeutic recommendations may have unpleasant results on quality of life (QoL), increased morbidity, mortality and health cost.
Aim The aim of this study protocol is to investigate i) the effect of an educational program on the patient knowledge level, patient adherence level with treatment regimen and QoL ii) to correlate the knowledge, received by the patient through the educational program, with adherence to treatment regimen and iii) to correlate the adherence with QoL.
Method The sample will be around 180-200 patients undergoing HD treatment and will be divided into two groups: the experimental group and control group. Each subject's level of knowledge, adherence and quality of life will be measured using the following instruments: i) The Kidney Disease Questionnaire ii) Greek Simplified Medication Adherence Questionnaire and iii) Missoula - VITAS Quality of Life Index- 15. Counseling intervention, handouts and videos will follow for experimental group. Control group will receive handouts and videos but not counseling intervention. Two weeks later questionnaires the first two questionnaires will be given to both groups. Missoula - VITAS Quality of Life Index-15 will be given 3 months after the counseling intervention.
Results Patient knowledge, adherence and quality of life are expected to be related to the educational intervention.

Key-words: Hemodialysis patient, adherence, quality of life, patient knowledge, educational intervention, counseling