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EFFECT OF A CONFINED PROGRAM OF HOME-CARE ON THE HEALTH STATUS OF PATIENTS RECEIVING HEMODIALYSIS

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Abstract:

The role of education in improving quality of life of patients with chronic renal failure has been emphasized by many studies. This survey was performed to assess the effect of a confined program of home-care on the health status of patients who were receiving hemodialysis. In this research, 37 patients afflicted by chronic renal insufficiency were chosen and put into two categories randomly, 19 patients as patients group and 18 patients as control group. At the start of therapy, the patients' health condition was assessed and recorded. For the patients group a confined program of home-care, containing four visits per month (one session every week) was performed. No intervention was performed for the control group. After the complete performance of home-care programs, the health condition of both groups were assessed and recorded again. The results of the research showed that after the home-care program, weight gain, nausea, vomiting, headache, bone pain, weakness and fatigue and itching decreased and general condition and levels of BUN, creatinine, potassium and phosphorus of the blood improved in cases compared to the controls ($P < 0.05$); the mean values of blood pressure, pulse and temperature, sodium, calcium and hematocrit level were not significantly changed. It is concluded that home-care program as an effective and beneficial method can be applied in chronic diseases such as chronic renal insufficiency and for patients who are under the hemodialysis treatment.

Keywords:

[Home-care](#) , [health status](#)

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