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Perceptions of Nursing Care to Promote Self-Management in Chronic Kidney Disease

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Hemodialysis patients often deal with complex lifestyle changes such as diet and fluid restrictions that may alter their physical and emotional well-being. Nurses play an important role in promoting self-management and assisting patients to cope with these changes.

Purpose: To explore hemodialysis patients' perspectives of nursing care that enables or hinders their ability to manage their illness.

Methods: A qualitative descriptive design was used. Six male and three female hemodialysis patients were interviewed during their outpatient dialysis treatment at a university affiliated hospital.

Result: Three major themes emerged: 1) What it means to live with chronic kidney disease 2) Managing the illness and treatment regimen, and 3) Nature of the therapeutic relationship with nurses to promote self-management. Patients' narratives also revealed six important features of the nurse-patient relationship.

Conclusion: Patients identified the nurse's friendly demeanor and being patient-centered as care that assisted them to self-manage. These findings underscore the importance of creating a nurturing and supportive environment, and focusing on patients' individual needs. Reflective practice may be a helpful strategy to assist the nurse to consider the interpersonal aspect of the nurse-patient relationship. The nurse's use of motivational interviewing may help to gain the patients' perspective and engage them in their care.

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