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Practice Problem

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- Mortality rates for patients with ESRD are higher than the general population diagnosed with diabetes, cardiovascular or cancer
- Fluid overload in the dialysis patient the most modifiable risk factor for mortality in dialysis patients.
- Nonadherence is rampant for the dialysis patient in varies areas of patient responsibility .
- Hemodialysis nurses are limited to tools for improving patient adherence related to ambivalence and behavioral driven..

Effect

- 30% of hospitalizations nearly 50% of deaths are attributed to cardiovascular causes such as myocardial infarction.
- Increase in mortality as a result of rapid fluid removal and arrhythmic changes.
- Fluid volume related hospitals admissions are drivers of cardiovascular hospitalization and an estimated annual cost totaling over 250 million..

Clinical Question

“For the hemodialysis nurses , does Motivational Interviewing (MI) as measured by MI Skills for Healthcare Encounters (MISCHE) influence the dialysis patient adherence to intradialytic weight gain (IDWG), as measured by weight variances within 8-10 weeks compared to normal practice?”

Project Evaluation

Tools

- Motivational Interviewing Skills for Health Care Encounters –MISHCE
- Health Promotion Lifestyle Profile II
- Biometric Data: 39 Observations

Analysis

- Wilcoxon Signed Rank- MISHCE
- Independent-Samples Mann-Whitney U test-MISHCE & Biometric weight data
- Box & Whisker plotted-MISHCE
- Questionnaires frequency- HPLP II
- Descriptive Statistics-Patient Demographics

References

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Project Description

Project Setting

- 24 station outpatient hemodialysis facility located in Columbus, Ohio inner city.
- Facility is opened from Monday thru Saturday, 3 shifts on M-W-F & 2 shifts on T-TH-S.
- 33.9% of the hemodialysis patients over Estimated Dry Weight (EDW) +/-1kg.

Project Participants

- 7 part & full time Registered hemodialysis nurses.
- Hemodialysis nurses have no experience with MI.
- Population of dialysis patients consist of African Americans, Hispanics, Latinos and Caucasians.
- 25 dialysis patients identified via organization Fluid Management Dabs Board over EDW +/- 1kg.

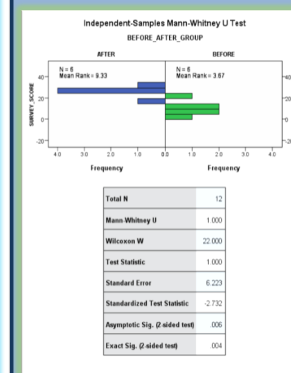
Project Design

- An Evidence Based Practice (EBP) Change intervention using Pre & Post assessment survey-the Motivational Interviewing Skills in Health Care Encounters (MISCHE).
- MI sessions conducted for 15-20 minutes by the dialysis nurses assigned to a dialysis patient.
- MI session observed by DNP Project manager to complete the Motivational Interviewing Treatment Integrity (MITI) 4.2.1. for competence and proficiency threshold
- Dialysis patients complete a health survey for Health Promotion Model.
- Baseline weights are measured on each dialysis patient and pre & post MI intervention.

Conclusions

- The dialysis patient faces challenges in outpatient dialysis that governs their lives to be compliant with fluid management.
- The dialysis nurse is an integral member of the IDT who is key to the delivery of care to the dialysis patient.
- The outcomes of this DNP scholarly project highlight MI impact on the dialysis's patient fluid gain.
- Although the statistical significance was not met, the clinical significance for the dialysis nurse interactions with the dialysis patient proved to be invaluable.
- Optional interventions such as MI coupled with the normal practice of education on fluid management warrants continued research, to support, providing the dialysis nurse with EBP tools to improve the dialysis patient outcomes.

Results



✓Comparative analysis of the pre intervention and post-intervention MI encounters using nonparametric Mann Whitney U test.

✓Measurable difference in the mean rank in before 3.67 and the after 9.33 in dialysis nurses performances

✓Positive difference in each pair collectively added up to statistical significance at 95% or above confidence.

Nursing and Healthcare Implications

Dialysis patients must live with a chronic condition that badly influences their quality of life. The hemodialysis nurse should be involved with the dialysis patient utilizing different methodological approaches to promote treatment adherence encourage a reduction in fluid to prevent fluid volume related complications.

MI is a EBP tool that the dialysis nurse can add to practice as an option for patients who are non-adherent in the dialysis sector to achieve outcomes that are behavioral driven. Ultimately reducing further complications and hospitalization..