MY HEALTH, MY CARD: A TIME TO TAKE CHARGE OF MY KIDNEYS

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ABSTRACT

- Vaccination of Chronic kidney disease patients undergoing Haemodialysis reduces mortality and infection transmission.
- A total of 150 dialysis patients were surveyed with various questionnaire. Out of them 81.3% of patients received thrice a week dialysis.
- Patients would write their dialysis information on a piece of paper/over their palm. Health Education on vaccine schedule was never given to the patients. They were only informed when the dose was due by the Nurse Incharge.
- The project was approached with the single most agenda of involving patient and relatives in their long term dialysis treatment and decisions.
- The team got together to design one solution of creating the patient dialysis card and incorporating all the information required for the patient to know.
- The dialysis card was designed in such a way that the nurse records the dialysis pre and post details for a period of 6 months.
- A patient undergoing dialysis session thrice a week can see a 6-month record of dialysis dry weight, vaccination status and blood pressure details.
- Dialysis patients receive holistic care which consequently prolongs life and decrease their mortality. The card has become an identity card for the patients like an Aadhar card for them.

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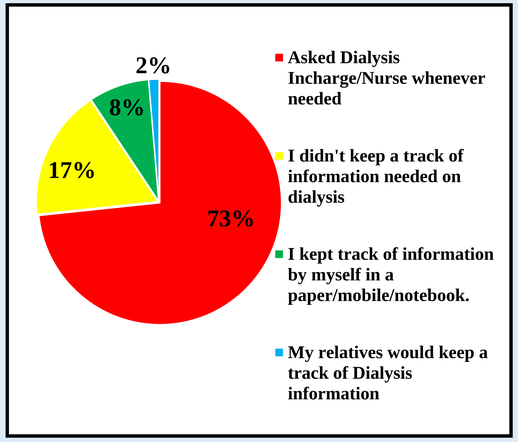
INTRODUCTION

- Vaccination of Chronic kidney disease patients undergoing Haemodialysis reduces mortality and infection transmission.
- In our unit 2050/month dialysis is performed. Patients would get vaccination reminders only when informed by the Dialysis Incharge. This led to many delayed/missed doses.
- Patients would write their dialysis information on a piece of paper/over their palm.
- Dialysis Patients were only aware about receiving Hepatitis B vaccine whereas very few knew about influenza and pneumococcal vaccination.
- Health Education on vaccine schedule was never given to the patients.
- Lack of information on vaccination and dialysis details to patient/relatives directed our attention to create dialysis card.

PATIENTS DISPLAYING HAND WRITTEN DIALYSIS INFORMATION



PATIENTS DIFFERENT WAYS OF TRACKING DIALYSIS INFORMATION (N-150)



METHODS AND MATERIALS

Prospective One Group Pretest - posttest design with purposive sampling technique

Phase I
- Pre-Survey questionnaire amongst Hemodialysis patients.
- Create and design Dialysis Patient Card (Demographic details, pre-post weight and blood pressure, Vaccination Schedule and Comorbidities)
- Preparing and validating survey questionnaire with Nephrologist.

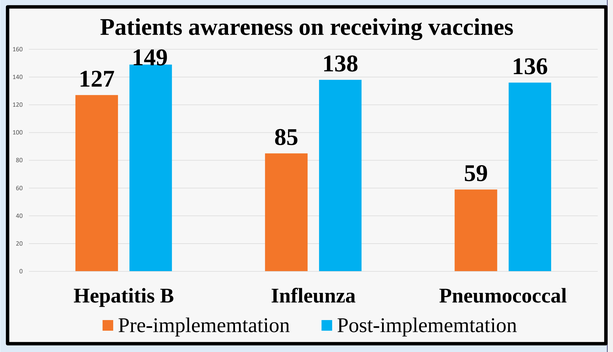
Phase II
- Awareness session for patients and nurses on vaccination and Hemodialysis.
- Implementation of Dialysis Patient card.

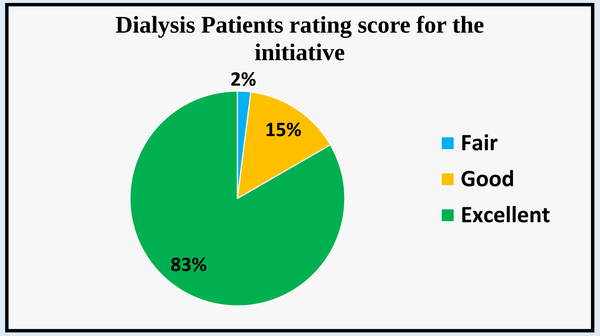
Phase III
- Post Patient Feedback on Dialysis Patient card.
- Reinforcing patients to bring the Dialysis Patient card mandatory during every dialysis.
- Monitoring the compliance.

RESULTS

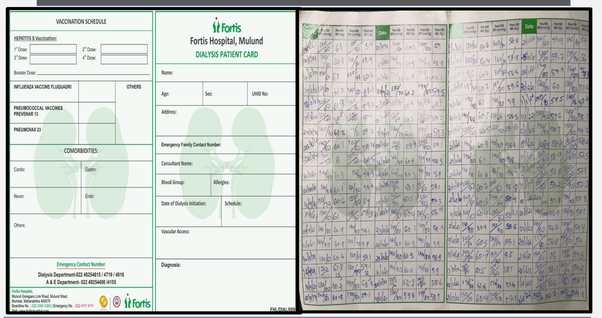
- Dialysis Patient Card is distributed to more than 170 patients undergoing dialysis (100% coverage).
- It is beneficial to 97% Dialysis patient and relatives as recorded during feedback.
- 93% patients received health education on vaccination administered for dialysis patients.
- 89% patients are aware about the dialysis parameters included in dialysis card.
- Zero patients have missed their vaccine dose after initiating the card for patient use.
- The consultant knows the patient's dialysis status at one glance during OPD visit through the dialysis card and is able to modify the treatment without enquiring for the patient details from dialysis unit.
- The statistical 't' test score of 20.89 implies a statistically significant difference in knowledge of patients.
- The cost of one dialysis card is Rs. 11/patient for 6 months which doesn't get charged to patient.

GRAPHS AND TABLES





DIALYSIS PATIENT CARD



DISCUSSION

- .Comprehensive Dialysis Card helps to record accurate history of patient, changes in the prescription, critical information in case of an emergency, provide feedback to patient and modify treatment accordingly.
- Patients and relatives are able to keep a track of their fluid intake as the card helps them to know their weight in every pre and post dialysis and thus maintains their dry weight for an entire period of 6 months at one glance.
- Dialysis card empowers the patients and relatives to question the healthcare personnel's when in doubt as every dialysis sessions data is available with them.
- As the patients carry their dialysis card at home, it becomes feasible for the relatives to take a look at the quality of dialysis performed every time especially for their dear ones when they are unable to accompany the patients during the session.
- Patients also carry the dialysis card for the continuity of care when they undergo dialysis in another unit.

CONCLUSIONS

- Introducing dialysis card helped the patient and relatives to get involved in their own care and gave them the confidence to understand their course of treatment planned for them by the nephrologist.
- With such initiative the patients and the relatives are more accountable in receiving their care at the correct time.

REFERENCES

- Guidelines for vaccination in patients with chronic kidney disease, Indian J Nephrol. 2016 Apr;(Suppl 1):S15–S18.
- Haddiya I, Current Knowledge of Vaccinations in Chronic Kidney Disease Patients,Volume 2020:13,Pg 179—185.