Compretion of: family-centered teaching and patient-centered teaching on adherence of therapeutice regime and hemodialysis complication

a thesis submitted to the graduate studies office in parcial fulfillment of the requirements for the degree of masters in the name of the dicipline

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abstract

**Background and Aim:** One of the main causes of diseases and mortality in patients undergoing hemodialysis treatment is non-adherence with therapeutic regime and hemodialysis complications. The aim of the present study was to investigate Family-centered teaching and patient centered teaching on adherence of therapeutic regime and hemodialysis complications.

**Materials and Methods:** In this clinical trial which was done in khordad to Aban in 1391 in Imam Khomeini and Amir-Alam hospitals, 60 patients aging 18 to 65 randomly were assigned in two groups: patient-centered (N=30 on even days) and family-centered (N=30 on odd days). Hypotention and muscle cramp by use of checklist and adherence of therapeutic regimen in three aspects: (diet, physical exercise, and medication) were assessed by using self-report questionnaire in three stages (pre-test, 2,4 weeks after intervention). Data analysis was performed by Spss software version 16 with independent t-test.

**Results:** 2,4 week after intervention observed significant difference between two groups in hypotention and muscle cramp compared with pre-test Physical exercise (p=0.04), diabetic medication taking (p=0.03), and diet (p=0.011) adherence improved at 2 week after intervention compared with that at pre-test. But At post-test, patients had a mean increase of about physical exercise, medication taking and diet adherence compared with the pretest. There was no significant difference in adherence in two groups after 4 weeks.

**Conclusion:** According to finding present study was recommended educational interventions adherence with therapeutic regime and decreased hemodialysis complication in patients undergoing hemodialysis is conducted with families. For continuing education, modifiable lifestyle interventions and follow-up training is recommended.

**Keywords:** family centered care, patient centered care, adherence therapeutic regime, complication during hemodialysis, patients undergoing hemodialysis