The effect of cognitive-behavioral intervention on adherence to therapeutic regimen and remove of related barriers in hemodialysis patients

A thesis submitted to the Graduate Studies Office In partial fulfillment of the requirements for The degree of master Sciences in Critical Care Nursing

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July 2013
Abstract

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Background and Aim: One of the main causes of diseases and mortality in patients undergoing hemodialysis treatment is non-adherence with therapeutic regime. Identify barriers to adherence to therapeutic regimen is the first step to help patients. The aim of the present study was to determine the effect of cognitive-behavioral intervention on adherence to therapeutic regimen and remove of related barriers in hemodialysis patients.

Materials and Methods: In this clinical trial which was done in bahman in 1391 to khordad in 1392 in emam reza and valiasr hospitals, 70 patients aging 20 to 60 randomly were assigned in two groups: intervention (N=35 on even days) and control (N=35 on odd days). The intervention group cognitive-behavioral process includes six steps was performed: Step 1: Identifying the problem, Step 2: Creating confidence and commitment, Step 3: Increasing awareness of behavior, Step 4: Developing and implementing the action plan, Step 5: Evaluating the plan is designed, Step 6: Maintain the desired behavior change to prevent undesirable behavior. Patient adherence to the treatment plan (in three areas: food, drug and fluid restriction), and barriers to adherence to therapeutic using self-report questionnaire, in two stages (pre-test and post-test) were. Data analysis was performed by Spss software version 16 with independent t-test.

Results: At pre-test groups in terms of adherence to diet (p=.47), medication (p=.11) and fluid restriction (p=.43) was no significant difference. At post-test, significant differences between the two groups in terms of adherence to dietary (p<0.001), fluid restriction (p<0.001) and medication regimen (p<0.001) were observed. Also at pre-test groups were not significantly different in terms of barriers to treatment adherence (p=.68). But at post-test, significant differences between the two groups in terms of barriers to treatment adherence (p<0.001) was observed.

Conclusion: According to research findings, recommended interventions, cognitive-behavioral therapy for adherence and identify barriers to curriculum design for better adherence to the treatment regimen used in hemodialysis patients.

Keywords: cognitive-behavioral intervention, adherence therapeutic regime, Barriers to Regimen Adherence, patients undergoing hemodialysis