The Effect of Educational Package Related to a Diet on Quality of Life Among Non-Dialysis Patients Admitted to ShahidHasheminejad Hospital in Tehran (2012)

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Abstract

Background: Nurses have a key role in care, education and quality of life of non-dialysis chronic kidney patients. Chronic kidney disease is risk associated with the loss of quality of life, nursing care may lead to a balanced life of this patients and directly affect their quality of life. This study was aimed to determine the effect of Educational Package Related to a diet on the quality of life in non-dialysis chronic kidney patients.

Methods: A quasi-experimental clinical trial was designed with a control group. 80 persons were composed of chronic kidney patients with Glomerular Filtration Rate (GFR) 15 – 60. 17 patients were excluded and 63 patients remained. The diet training package was presented to the experimental group. The control group received only usual care. Before and after 12 weeks, patients were assessed with KDQOL questionnaire. The data were analyzed by descriptive and inferential statistics (t-test and chi square).

Results: Findings show the diet training package provides non-dialysis chronic kidney disease on quality of life in general and some of the domain of specific is effective. After 12 weeks revealed that in general the physical and mental component scores and overall quality of life, there are significant differences(P <0.05). In the context of specific symptoms and signs, disease, effects, limitations associated with illness and health satisfaction (P <0.05) significant differences were observed.

Discussion: These findings suggest: Patients awareness of diet in chronic kidney disease patients with their ongoing pursuit of improving quality of life in many areas effectively.

Key words: quality of life (QOL), chronic kidney disease (CKD), diet education, non-dialysis patient