

Experience with Caring for a Patient with Diabetic Nephropathy Undergoing Hemodialysis

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Abstract

The subject of this report was a diabetic patient with multiple complications that received guidance on coping with the physiological, psychological and social problems encountered during hemodialysis. During the care period between March 20, 2010 and June 5, 2010, data was collected through interviews, physical examination, chart reviews, patient records, family visits and dialysis records. The data was analyzed to identify the subject's chief health problems: Imbalanced nutrition: less than body requirements, situational low self-esteem and need for family process. During the care process, the author leveraged the resources of social workers and private organizations to reduce the pressure on the subject's family by providing economic assistance, housekeeping services as well as teaching the patient the skills needed for self-sufficiency. By encouraging the subject to think positively and acknowledge the subject's own contributions, total care was achieved through reducing situational low self-esteem, putting the subject's family situation back in order and improving the subject's quality of life.

Key words: diabetic nephropathy, hemodialysis, care experience

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