

# A Nursing Care Experience of a Hemodialysis Patient with Pruritus for Body Image Disturbance

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## Abstract

This report describes the experience of nursing a hemodialysis patient who suffered from physical and mental disorders induced by pruritus. During the nursing period, from May 21<sup>st</sup> 2007 to July 11<sup>th</sup> 2007, the writer collected information using face-to-face interviews, observation, devoted nursing care and chart review. Gordon's 11-item Functional Health Pattern was applied to evaluate the patient and the nursing problems were established as impaired skin integrity, disturbed body image, excess fluid volume, and disturbed sleep pattern. Through a therapeutic nurse-client relationship, the writer provided information regarding professional patient care, especially with regard to the skin itchiness, adequate hemodialysis, and low phosphate diet education. Skin care was supported and diluted ointment, mixed with body lotion at the ratio 1:2, was applied to the affected area. Results demonstrated that nursing interventions helped to relieve pruritus, physical and mental disorders, improve the patient's self-confidence and help the patient return to the society.

**Keywords:** pruritus, body image disturbance, hemodialysis

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