

Nursing Care Experience of a End-Stage Renal Disease in Long-term Hemodialysis

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Abstract

This study examines the nursing experience with helping a patient diagnosed with end-stage renal disease prepare for long-term hemodialysis. Data was collected through observations, interviews and direct care of the patient during the care period between March 24 and April 14, 2011. Gordon's 11 functional health patterns were used for analysis and discovered the following problems related to the case: Ineffective health maintenance, nutritional imbalance and anxiety. To maintain the patient's self-care ability, we clarified incorrect information via health education. Nursing guidance was used to help the patient establish healthy eating habits for balanced nutrition. Through repeated demonstrations, the patient and family members were taught about proper self-care and emergency response, reducing anxiety. This nursing process will hopefully help patients with accepting a future with dialysis.

Key words: end-stage of renal disease, hemodialysis, anxiety

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