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## TRAINING OF RELATIVES AND ATTENDANTS OF HEMODIALYSIS PATIENTS <sup>1</sup>

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**Abstract:** *Kidney failure is one of the leading chronic diseases that cause disability or a lasting and significant decrease in quality of life. Hemodialysis is a method of treatment that is life-saving in irreversibly failing renal function. In order to maintain a good overall quality of life for hemodialysis patients it is necessary to carry out joint activities with them, their relatives and the nurses. The training of patients on hemodialysis and their relatives and companions should be a continuous process. Rarely common is organized training in the form of courses of relatives of sick people with chronic diseases. Exploring escorts with hemodialysis regimen and lifestyle contributes to helping patients change their daily lives in accordance with conducting dialysis procedures, adherence to the necessary diet in order to preserve their overall quality of life. The main motivation in conducting the training is that the attendants acquire the necessary knowledge about life with chronic kidney disease and hemodialysis treatment, to be able to respond adequately to the needs of their relatives. The training of the attendants of hemodialysis patients gives calmness and confidence that they have the necessary skills to care for their relatives. The availability of knowledge leads to overcoming the fear of uncertainty and uncertainty about the future.*

**Keywords:** *training, relatives and attendants, hemodialysis patients*

### INTRODUCTION

Kidney failure is among the leading most common chronic diseases, causing disability and also permanent, significant reduction of the quality of life (Stefanov. G., 2004). When the renal disease reaches its terminal stage, and the conservative treatment has not given the necessary outcome, the only possible alternative are the methods of non-renal clearance of blood - hemodialysis or peritoneal dialysis. Hemodialysis is a method of treatment, which is life-saving when the kidney's functions have irreversibly stopped (Mushekov., V., 2005). Performing the kidney-replacing therapy allows the affected ones who before that were doomed, to continue with their life for more than 10 years, even without renal transplantation. A new life begins for the affected ones, which is supported by clearing the blood from the waste products of metabolism via a hemodialysis device and an artificial kidney - dialyzer. The conduction of dialysis sessions is accompanied by the sense of dependence from the dialysis device, limited mobility, adherence to strict diet, and sometimes disability - all those are stressful factors for patients. The chronic kidney failures and dialysis procedures have an influence on all components of the quality of life - physical, mental and social functioning.

Here comes the question for the quality of this type of life, and also how to increase the patients' satisfaction. The complications and restrictions which the disease imposes, have an influence on the patient's self - esteem. In order to support a better overall quality of life of the patients on hemodialysis, it is necessary an implementation of joint activities with them, their relatives and the nurses.

### EXPOSITION

Order №1 from 08.02.2011 defines the nurses' activities which she could do independently,

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namely - *training, education and prophylaxis of the patient and his relatives*. The training process of the patients on hemodialysis and their relatives and attendants needs to be continuous. The organized training of relatives of chronically ill people, in the form of courses, is not a common practice.

Acquainting the attendants with the regime and lifestyle of hemodialysis, contributes to assisting patients in changing their daily routine, according to conduction of dialysis procedures, adhering to proper diet, in order to preserve their overall quality of life. A basic motif in the training process is for the attendants to achieve the knowledge, needed for life with chronic renal disease and hemodialysis treatment, so they could adequately respond on their relatives' needs. Their support contributes to overcome of stress, depression, anxiety and negative attitude toward anything, which have negative effect on the conducted treatment. Patience and persistence of both the attendants and the patients is needed. The adherence of the defined proper diet needs to be done at home, to which the patients' relatives and attendants can be of great help. The encouragements, compliments and empathy help maintaining the patients' spirit. It's important to encourage them, so they could regain independence and self-confidence. And beside the psychological support, the patients and their relatives also need advices, which may help them deal with the challenge they are facing, namely life with hemodialysis.

The attendants of the patients' main task is to assist and cooperate with them, from the beginning of the dialysis procedure, till its end. Usually, the time in which the session is held, is free for the attendants - some of them use it to buy medicaments, food, either have some coffee, or just sit around and do nothing. In order for them to be as helpful as possible to their chronically ill relatives, and react adequately in a crisis situation, an introduction with the regime and way of life with hemodialysis, is being made for the patients' relatives and attendants. For the goal of the training process, short training sessions are held, to which information is being provided, concerning:

- their relatives' disease;
- methods of treatment;
- possibilities for renal transplantation;
- what type of diet they should adhere to;
- necessity of blood pressure control;
- heartbeat care;
- support of motor and social activity;
- assisting the patient in satisfying his individual needs;
- advices on how their relatives could overcome depression, isolation and self-pity.

The duration of the sessions vary in terms of the participants' wish and time resource, but it can be no less than 10 minutes and no more than 30 minutes. Those attendants, who have orally agreed to this, take part in them.

It's important for the relatives and attendants of the patients not to be informed only, but also is important, to get a feedback from them, about applying what they have learned at home, and what difficulties have arose in their daily routine. That's why every training session starts with a discussion on their activities from the previous dialysis procedure to the current one, and a discussion on raised questions and real life situations.

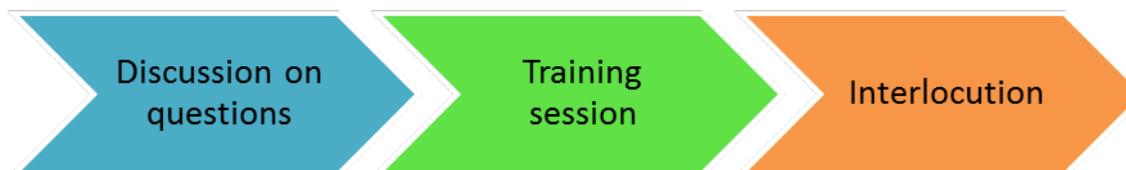


Figure 1. Steps during the training of relatives and attendants of hemodialysis patients.

On figure 1, we have the steps in which the training process of the attendants and relatives of the hemodialysis patients, goes. For accomplishing positive result from the training, the nurse solves the following tasks, described in figure 2.

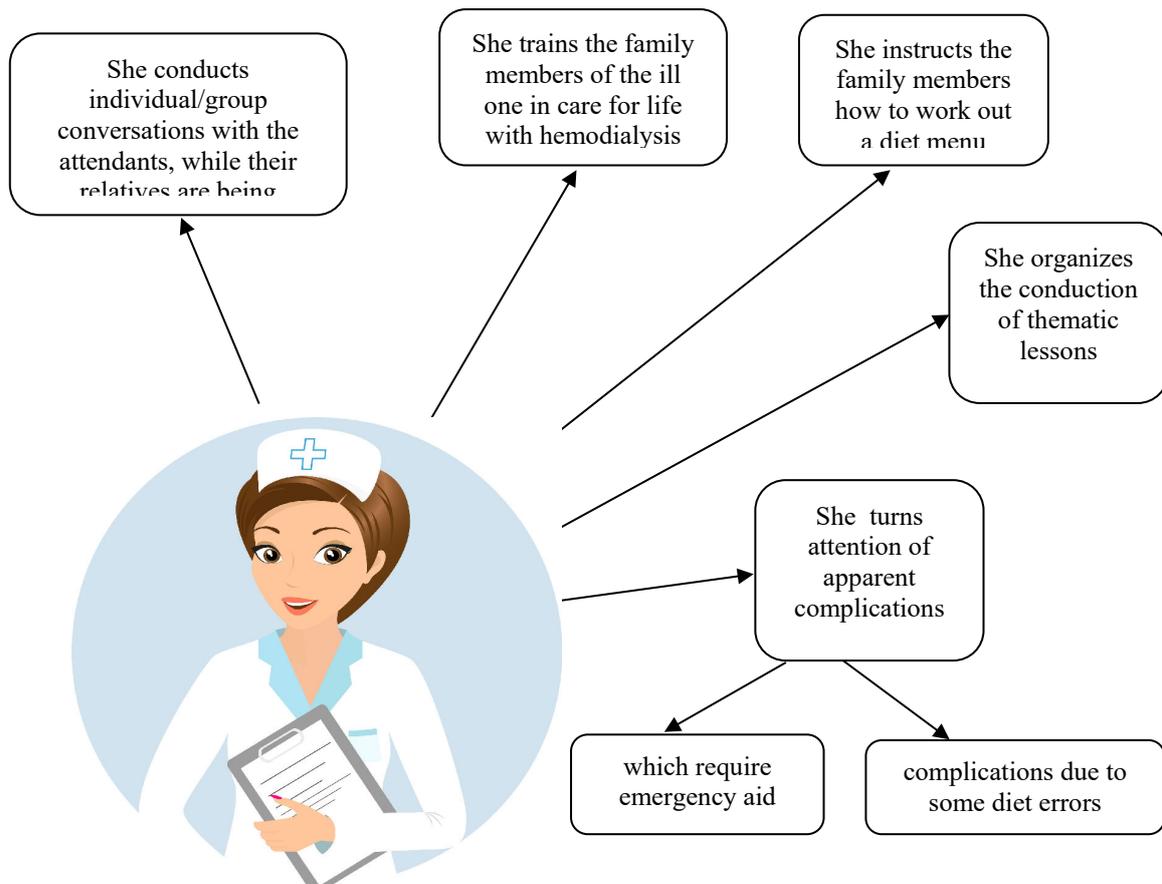


Figure 2. Tasks for the nurse in conducting training of relatives and attendants of hemodialysis patients.

## CONCLUSIONS

The training of the attendants of hemodialysis patients gives the ease and confidence for them to have the necessary competence to properly take care of their relatives. The presence of knowledge helps them overcome the fear of the unknown, and insecurity for the future. They also get the appropriate moral support from the nurse staff, since not just the patients, but also those who accompany them in life, must get used to the procedures. This leads to accomplishing the main purpose, namely, adapting more easily and faster to the changes in lifestyle, which the chronic disease imposes.

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Naredba № 1 ot 08.02.2011 g.za profesionalnite deynosti, koito meditsinskite sestri, akusherkite, asotsiiranite meditsinski spetsialisti I zdravnite asistenti mogat da izvarshvat po naznachenie ili samostoyatelno. URL: <https://www.lex.bg/laws/ldoc/2135718392> (Accessed on 16.08.2018 )