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*My Patient is Always Fluid
Overload and Misses Dialysis
Treatments on a Regular Basis*

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Objectives

- Describe prevalence of patient non-adherence
- Discuss outcomes of non-adherence
- Describe patient-provider model of care to encourage healthy behaviors

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 **World Kidney Day**

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Problem

- **Chronic Kidney Disease (CKD)**
 - Global public health problem
 - Premature mortality and multiple comorbidities
 - Growing ethnically diverse adult population
- **Non-adherence**
 - About 35% of patients miss treatments
 - 32% shortened treatment time (Denhaerynck et al, 2007)
 - 10-20% have high IDWG (>5.7% of target weight)

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Contributing Factors to Non-adherence

- **Patient-related factors**
 - Younger, nonwhite
 - Psychological
 - Lack of control over health
 - Engaging in day-to-day self-management of a complex HD regimen negatively impacts everyday living (Umeukeje, et al, 2018)
- **Treatment related factors**
 - Scheduled treatment time (Umeukeje et al, 2018)

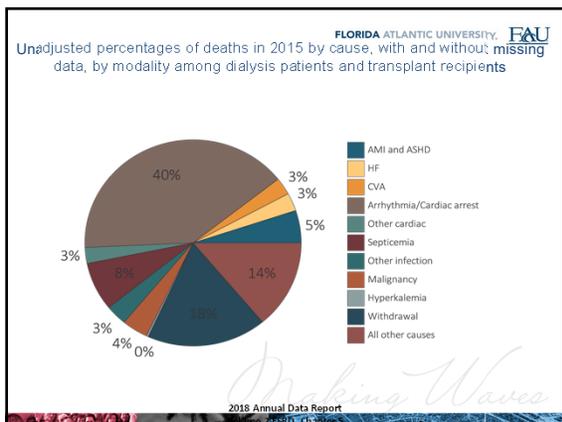
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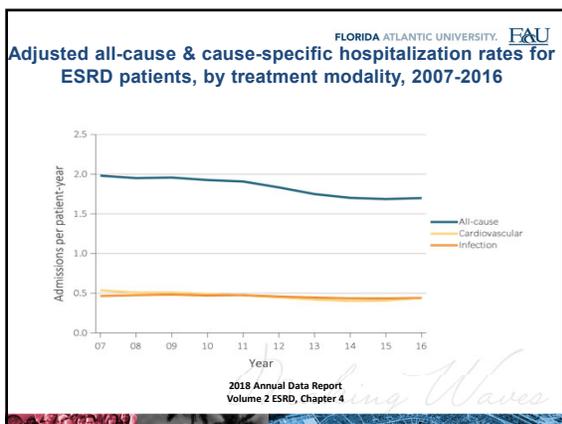
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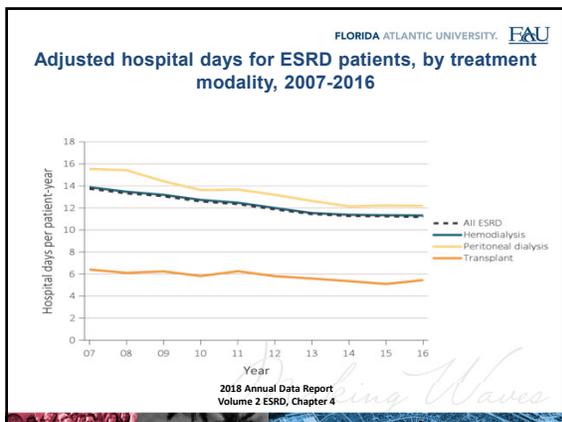
Outcomes of Missing Treatments and High IDWG

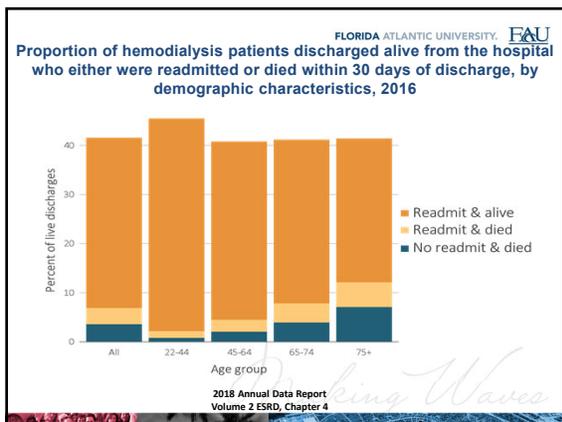
- **Increased mortality** (Salmi et al, 2018)
 - 68% higher risk of death compared to those not missing treatments
- **Increased morbidity**
 - Anemia, CKD-MBD, electrolyte imbalance, BP control
- **Hospitalization**
 - Missing one or more treatments related to higher hospitalization

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Interventions to Improve Self-Management

- Education
 - Necessary to have knowledge
 - Not change behavior
- Motivational interviewing
 - collaborative, goal-orientated style focused on strengthening personal motivation for commitment to a specific goal (Smith et al, 2010)
- Short-term benefits not sustainable
 - Intrinsic value

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Challenges for Successful Self-Management

- Self-Management
 - Programs show effectiveness but not sustainable (Bonner et al., 2014)
- Contributing factors
 - Poor patient-provider communication
 - Busy, time-constrained dialysis environment

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Story of Jim



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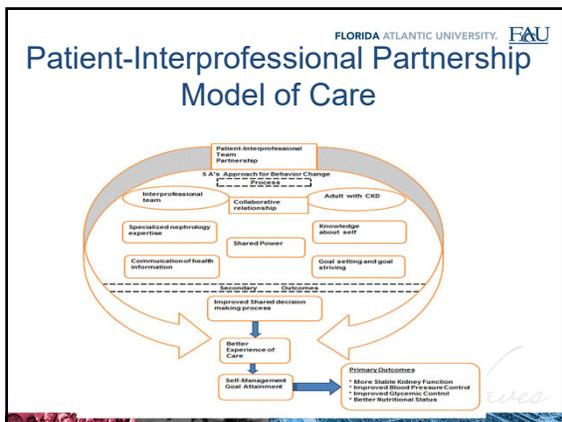
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Self-Management

- Supporting the person to incorporate dialysis regimen into daily living
 - Honors individuals wishes and preferences
 - Discovers what matters most
 - Ethnic, cultural differences

Hain & Sandy, 2013

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Interprofessional Team



Single professional

Transition

Collaborative effort

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Patient-Provider Team Partnership

- Person-Centered Care
 - Active role in care
 - Experts about self
 - Shared power
- Shared Decision Making
 - Interpersonal, interdependence process in which healthcare provider and patient relate to and influence each other as they collaborate in making decisions

(Légaré & Whitman, 2013)

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Approach

- Interprofessional team
 - Partnership model of care
 - Roles and responsibilities
- Individuals with ESKD receiving hemodialysis
 - 5A's approach to behavior change
 - Meet with team members
 - Dialogue about realistic and achievable goals
 - Follow-up

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5 A's Behavior Change (AHRQ, 2014)

Five A's	Purpose	Strategies
First two are: assess or ask and advise	Determine what person knows about health condition; ask if have questions; what information looking for and then provide the information	Ask: a technique used to exchange information with person by asking "what do you know about your condition?" Advise: the team provides information and then asks if there is a need for additional information Closing the gap assesses individuals level of understanding by having person restate what was told
The next three: agree, assist, and arrange	More action orientated and focused on moving person toward goal setting and attainment	Agree: the team and person collaboratively set goals and develop a mutually agreed upon action plan Assist: the team reviews the goals and action plans and teaches problem solving skills that can be used in daily living Arrange: the team arranges follow-up to provide ongoing self-management support

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Education



National Kidney Disease Education Program



National Kidney Foundation™





CENTERS for MEDICARE & MEDICAID SERVICES

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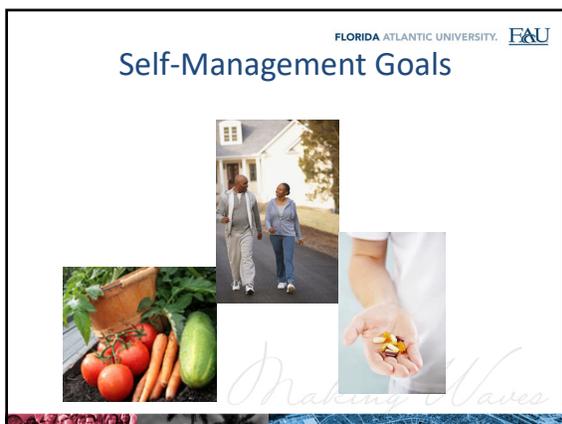
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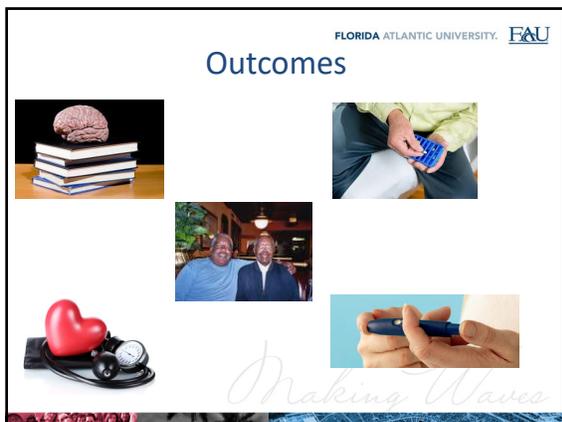
Discover What Matters Most



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Implications

- Patient-Interprofessional Team Partnership Model of care
 - Address unique needs of diverse population of adults with ESKD
 - Encourage engagement in self-management
 - Reduce cardiovascular mortality and costs
 - Improve quality of life
 - Dialysis Center

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Alone we can do so little, together we can do so much!

Helen Keller



The road that is rough when you are alone....



Becomes much smoother when we work together!



The beauty of the world lies in the diversity of its people.

Sherry by Choice

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Story of Jim



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Promote Healthy Behaviors FLORIDA ATLANTIC UNIVERSITY **FAU**



A photograph showing several pairs of hands of various skin tones reaching up to hold two small globes of the Earth. The hands are arranged in a circle around the globes, symbolizing global unity and care for the planet.

Avoid labeling patient as non-adherence
Engage in partnership with your patient *ves*

Thank you! FLORIDA ATLANTIC UNIVERSITY **FAU**



A photograph of two women sitting together and smiling. The woman on the left has blonde hair and is wearing a dark top with a colorful necklace. The woman on the right is older, with white hair and glasses, wearing a light-colored patterned jacket. They appear to be in a well-lit indoor setting.

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