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Improve the education effectiveness of shared-decision making for dialysis

Pin-Han Hsia¹, Hui-Ting Liu¹, Yi-Ting Chen, Chih-Kang Chiang, Woan-Jean Lin ¹

¹Department of Department of Nursing, National Taiwan University Hospital, Taipei, Taiwan, Taiwan

²Department of Renal Division, Department of Internal Medicine,, National Taiwan University Hospital, Taipei, Taiwan, Taiwan

Objectives : Shared Decision Making (SDM) in dialysis is clinically employed to enhance the awareness of dialysis choices. We designed pre- and post-cognitive assessment questionnaires to assess the understanding of dialysis education among CKD patients and their families.

Methods : The pre- and post-cognitive assessment questionnaire, integrated with SDM, were used to provide education on renal replacement therapy to CKD stage 5 patients. The questionnaire covers the introduction of hemodialysis and peritoneal dialysis, the impact on social life post-initiating dialysis, and the advantages and disadvantages of both modalities. Questions are scored using Likert 5-point system, where a higher score indicates better recognition of dialysis.

Results : Between January 2023 and November 2023, a total of 282 CKD stage 5 patients were enrolled. Of these, 47.16% chose PD, 19.15% chose HD, and 33.69% remained undecided. The percentage of patients who did not decide decreased to 33.69% from 46.7 % in 2022. The average cognitive score post-dialysis education increased to 4.19 compared to 1.84 before the education.

Conclusions : Through pre- and post- tests, CKD patients can better comprehend essential information from CKD education, enhancing their understanding of dialysis. This approach facilitates quicker adaptation to the impact of dialysis on their lives after initiating dialysis.