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Dialysis

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Risk Reduction of Hyperkalemia through Patient Education for Hemodialysis Patients

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Background: Hyperkalemia is common problem in patients with end-stage renal disease and may causes serious hemodynamic consequences including cardiac arrest. Prevention of heperkalemia currently relies largely on patient's dietary compliance. Reducing potassium intake through patient education on dietary management also helped reduce the incidence of hyperkalemia.

Methods: The study was conducted from Jan to Sep 2015 at single teaching hospital with each period 3 months. The patient education was conducted for two periods, each period three months. The first period was spent to review 92 outpatient with hemodialysis, and 46(50%) were selected. The candidates of the education were having risk of hyperkalemia with average above K^+ 5.5 or those who showed more than K^+ 5.5 in 2 out of 3 potassium measurements based on recent 3 months' review. The patient education included continuing training and monitoring patient's diet, medication guidance, awareness training and management of hyperkalemia.

Results: The number of patients with hyperkalemia declined by 27.8% after the primary rate of improvement activity(second period from April to June) and additional 23.9% was reduced after the secondary improvement activity(third period from July to September), which achieved the target of 20% reduction($P < 0.01$).

Conclusion: Health care workers need to educate, monitor, and support potential hyperkalemia patients continuously for dietary management and medication.

Keywords: Hyperkalemia, Patient Education, Hemodialysis