

KSN 2017 Abstract

The effects on interdialytic weight gain, self efficacy and self-care behavior in hemodialysis patient by using mobile application for self management.

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Objective: To find out the effect on the Interdialytic Weight Gain, Self Efficacy, and Self Care Behaviour of hemodialysis(HD) patient's Self Management using a mobile application.

Method: Self Efficacy and Self Care Behaviour were surveyed by the questionnaires distributed to 19 maintenance HD patients who were getting HD treatment at the outpatient HD clinic of 'A' Hospital in Seoul from 1st Aug. to 4th Oct. 2014 and HD related characteristics and the Interdialytic Weight Gain were surveyed by the electronic medical record.

The electronic scale produced by 'Jongro CNP' was used to measure the Interdialytic Weight Gain before and after HD. Choi Eun young(2005) modified and used an equipment developed by Kim Joo Hyun(1995) for HD patients to measure the Self Efficacy. Lee Jeong hwa(2003) modified and improved an equipment developed by Song Miryeong(1999) to measure the Self Efficacy.

Result: The Interdialytic Weight Gain before using the mobile application was 2.25 ± 0.84 and after using it, it was 2.41 ± 0.93 . There was no statistically significant difference ($p = .08$). The Self Efficacy before using the mobile application was 33.36 ± 3.11 and after using it, it increased to 35.10 ± 3.54 . There was a statistically significant difference ($p = .01$). The Self Care Behaviour before using the mobile application was 127.89 ± 12.45 and it increased to 140.10 ± 12.62 . There was a statistically significant difference ($p < .001$).

Conclusion: It appears that HD patient's self management using the mobile application increased his knowledge on the Self Efficacy and Self Care Behaviour, enhanced the compliance of Self Care and is effective to maintain and improve his health.