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**Effect of medical and nursing interventions on caregivers motivation to  
continue home hemodialysis support**

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**Objectives :** Home hemodialysis (HHD) is used by more than 700 patients in Japan. HHD has advantages such as a good prognosis, improved quality of life of the patients, and reduced costs of dialysis treatment, but the extra burden on the caregivers is a factor contributing to its discontinuation. The purpose of the present study was to clarify the effects of medical and nursing interventions on caregiver motivation for HHD.

**Methods :** A questionnaire survey was conducted among 536 caregivers in 67 administrative institutions for HHD in Japan. The survey included questions about whether the subjects had received prior explanation about HHD by the medical staff, whether they had received training for HHD, whether they were receiving medical support after the start of HHD, and whether the medical staff provided knowledge and skills regarding HHD techniques (6 categories, 27 items). The willingness of the caregivers to continue HHD assistance was evaluated and the subjects were divided into two groups: highly motivated group and poorly motivated group. The responses to the questionnaire items were compared between the two groups.

**Results :** The response rate of the questionnaire was 55.6%. Patients receiving support from the poorly motivated group were significantly older ( $p < 0.05$ ) than those receiving support from the highly motivated group. The highly motivated group was more likely to know about the availability of in-center dialysis facilities to allow themselves rest days and to receive explanations and training before the initiation of HHD ( $p < 0.05$ ).

**Conclusions :** The motivation of caregivers to continue to assist with home hemodialysis (HHD) is influenced by the patient's age, provision of explanation and training before HHD initiation, and receipt of knowledge about HHD implementation. Therefore, medical staff must provide appropriate intervention(s) to support caregivers, as their assistance is crucial for the continuation of HHD.