

MY HEALTH, MY CARD: A TIME TO TAKE CHARGE OF MY KIDNEYS

AUTHOR :- Ms. SHERIN CHANDY.

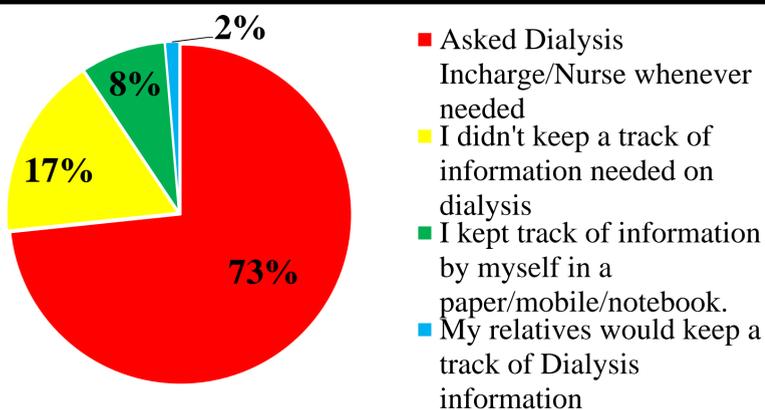
BACKGROUND

- Vaccination of Chronic kidney disease patients undergoing Haemodialysis reduces mortality and infection transmission.
- In our unit 2050/month dialysis is performed. Patients would get vaccination reminders only when informed by the Dialysis Incharge. This led to many delayed/missed doses.
- Patients would write their dialysis information on a piece of paper/over their palm.
- Lack of information on vaccination and dialysis details to patient/relatives directed our attention to create Dialysis Patient Card.

PATIENTS DISPLAYING HAND WRITTEN DIALYSIS INFORMATION



PATIENTS DIFFERENT WAYS OF TRACKING DIALYSIS INFORMATION (N-150)



OBJECTIVES

- To improve patients' awareness regarding dialysis regimen and vaccination schedule.
- To implement Dialysis card.
- To ensure 100% patients receive vaccination as per schedule.

METHODOLOGY

Prospective One group Pretest-posttest design with purposive sampling technique.

February 2020-March 2021.

Phase I

- Pre-Survey questionnaire (N=150)
- Designed Dialysis Patient Card. (Demographic details, pre-post weight and blood pressure, Vaccination Schedule and Comorbidities)

Phase II

- Awareness session -Vaccination and Hemodialysis.
- Implementation of Dialysis Patient card.

Phase III

- Patient Feedback and post-test.
- Monitoring the compliance.

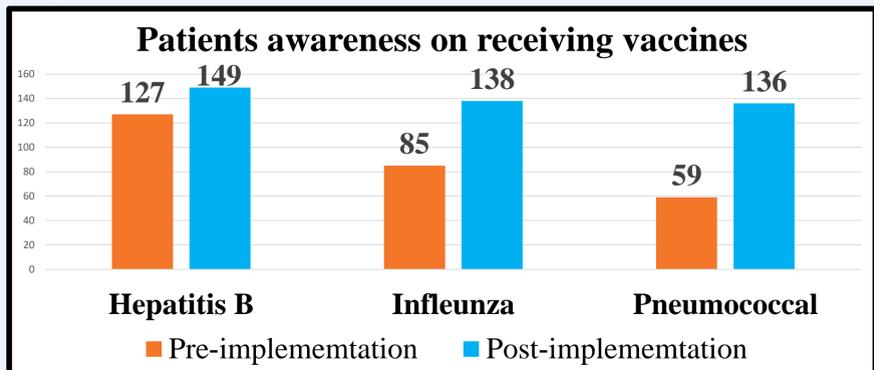
DIALYSIS PATIENT CARD EXPLAINED BY THE TEAM MEMBERS TO DIALYSIS PATIENTS



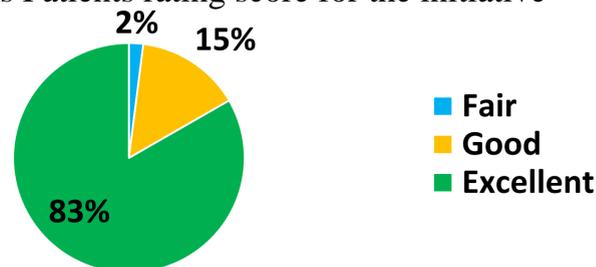
DIALYSIS PATIENT CARD

RESULTS

- Dialysis Patient Card is distributed to more than 170 patients undergoing dialysis (100% coverage).
- It is beneficial to 97% Dialysis patient and relatives as recorded during feedback.
- Zero patients have missed their vaccine dose.
- Consultant knows the patient's dialysis status at one glance during OPD visit.
- One card is Rs. 11 which provides 6 months' record for patients.
- The statistical 't' test score of 20.89 implies a statistically significant difference in knowledge of patients.



Dialysis Patients rating score for the initiative



DISCUSSION

- Comprehensive Dialysis Card helps to record accurate history of patient, changes in the prescription, critical information in case of an emergency, provide feedback to patient and modify treatment accordingly.
- It helps in continuity of care while undergoing dialysis in another unit. In small set-up dialysis units where documentation is less preferred, this one card will provide 6-month record.

CONCLUSION

Introducing Dialysis Patient card proved to be beneficial to patient/relatives to take charge of their kidneys.



REFERENCES

- Guidelines for vaccination in patients with chronic kidney disease, Indian J Nephrol. 2016 Apr;(Suppl 1):S15-S18.
- Haddiya I, Current Knowledge of Vaccinations in Chronic Kidney Disease Patients, Volume 2020:13,Pg 179-185.