

The Effect of Group Training Applied to Hemodialysis Patients on Self-Care Power of Patients and Their Adjustment to Illness

Hülya Fırat, Şule Ecevit Alpar

Marmara University, Faculty of Health Sciences, Division of Nursing, İstanbul

Objective: To determine the effect of group training applied to hemodialysis patients on their stress management, psychosocial adjustment and self-care power.

Method: Single group pre test-post test pre-experimental model was used. The universe of study was composed of 100 patients registered at Hemodialysis Units of Nicosia Dr. Burhan Nalbantoğlu State Hospital and Famagusta State Hospital in TRNC in 2011. The sample included 90 patients who accepted to participate in the study between January 2011 and June 2011. Data was collected before training and 3 months after training by using Patient Information Form, Psychosocial Adjustment of Illness Scale- Self Report (PAIS-SR), Self-Care Ability Scale and Hemodialysis Stressor Scale (HSS). Percentage, Wilcoxon Signed Ranks test, Spearman rho Correlation Coefficient and Mann Whitney U-test was used in the analysis of study.

Results: It was observed that as the stressors increase in hemodialysis patients, self-care ability and adjustment to illness decrease; as self-care ability increases so does their adjustment to illness. Although it was determined that stressors of female patients were higher, they had more benefit from training program. Moreover, it was found that adjustment of working patients was lower and they had less benefit from training program. It was observed that the primary stressor of hemodialysis patients was "Going to and back Dialysis Unit".

Conclusion: It was concluded that training program applied to hemodialysis patients decreases the stressors that they perceive and increases adjustment to illness and self-care ability.

Key words: Patient education, hemodialysis, self-care, stress, adjustment