

Abstract

- The present study was aimed to assess effect of planned teaching on knowledge and practices related to selected components of Health Related Quality of Life (HRQoL) among hemodialysis patients in selected dialysis units of Mumbai and Navi Mumbai.

Objectives were

- Assess the knowledge of hemodialysis patients before and after planned teaching in relation to the selected components of HRQoL.
- Assess the HRQoL in relation to the selected components, before and after planned teaching.
- Assess the practices of hemodialysis patients before and after planned teaching in relation to the selected components of HRQoL.
- Evaluate the effect of planned teaching on knowledge, practices and HRQoL in relation to the selected components.
- Find out the relationship of the selected background variables on Health Related Quality of Life knowledge in relation to the selected components.

The study was based on Dorothea Orem's self care theory. Quasi experimental approach with same group pre-test, post-test design was used on 110 adult hemodialysis patients fulfilling the inclusion criteria, selected by convenience sampling. Tool used was structured interview schedule.

Content validity of the tool was done with the help of experts and reliability by inter rater reliability method. Pilot study followed by actual data collection done during the period 07.03.09 to 03.07.09.

Hemodialysis patients were given pre test followed by teaching and post test was administered after 21 to 28 days. Clarifications were given twice during the intervening period. The data was tabulated and analyzed using descriptive and inferential statistics.

The findings revealed that planned teaching is effective in improving the knowledge, HRQoL and practices in relation to the selected components and have implications for nursing practice, education, administration and research. The study provided nurses with a specific evidence based knowledge for rendering comprehensive care to hemodialysis patients to improve their HRQoL.

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