



شبكة المعلومات الجامعية
التوثيق الإلكتروني والميكروفيلم

بسم الله الرحمن الرحيم



HANAA ALY



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شبكة المعلومات الجامعية التوثيق الإلكتروني والميكروفيلم



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جامعة عين شمس التوثيق الإلكتروني والميكروفيلم

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Self - Care Management of Chronic Renal Failure at Home

Thesis

*Submitted in Partial Fulfilment of master
Degree in Community Health Nursing*

By

Amal Elsayed Abd elmaksoud Mohamed

(B.Sc. of Nursing, Year 2004)

**Faculty of Nursing
Ain Shams University
2021**



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✍ Amal Elsayed Abdelmaksoud



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List of Abbreviations

<i>Abb.</i>	<i>Meaning</i>
ADLs	Activity of Daily Living
AVF	Arteriovenous fistula
BP	Blood pressure
CHN	Community Health Nursing
CRF	Chronic Renal Failure
CRD	Chronic Renal Disease
DM	Diabetes mellitus
ESRD	End-stage Renal Disease
ESRF	End-stage Renal Failure
EPO	Erythropoietin
eGFR	estimated glomerular filtration rate
GFR	Glomerular filtration rate
Hb	Haemoglobin
HCO₃	Sodium bicarbonate
HD	Hemodialysis
HTN	Hypertension
PEW	Protein-energy wasting
RRT	Renal Replacement Therapy
WHO	World Health Organization

Self - Care Management of Chronic Renal Failure at Home

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ABSTRACT

Background: Around 850 million people currently are affected by different types of kidney disorders. Up to one in ten adults worldwide has end-stage renal disease, which is invariably irreversible and mostly progressive. **The aim:** Is to assess self- care management of Chronic Renal Failure at Home **Design:** a descriptive study design. **Setting:** The study was conducted at outpatient clinics in Elyom Elwahed hospital - Elzawia Elhamra, Cairo governorate, **the sample:** a Convenient sample that included 160 Renal failure patients and home visiting was done for all patients **Study tools:** Two tools were used: **Tool I:** interviewing questionnaire: it consisted of 4 parts, **Part 1:** socio-demographic characteristics of patients. **Part 2:** Medical history of CRF patients **Part 3:** Knowledge of CRF patients. **Part 4:** Reported practices of CRF patients related to compliance & follow up. **Tool II:** Self care management for CRF patients and Home environment **Results:** Related to total knowledge score level 51.9% had average knowledge score, while less than 21.8 % had poor knowledge. Regarding total self care 57.5% of patients had a adequate total practices, while 42.5 % of patients had an inadequate total self care practices. **Conclusion:** There was concluded that more than half had average knowledge score and more than half had a adequate self care practices, there was highly statistically significant relation (p-value = 0.000) between age, marital Status and a total knowledge. While their practices there was highly statistically significant relation related to age, level of education, occupation and monthly income and their self care practices with (p-value = 0.000). It show no significant relation between the 3 group Good, Average, Poor between knowledge and self care practices of the patients. **Recommendation:** Organize regular counseling sessions in the at out patients, nephrology clinics for meeting the patients' needs and solving their problems by providing them with clear, full and accurate information about self care.

Keywords: Chronic renal failure, Self-care, Self Management.

Introduction

Chronic renal failure (CRF) is one of disease with high incidence and called silent disease because it doesn't show the sign and symptom at the beginning. Commonly this disease known by the sufferer after the disease has been so bad and need medical treatment to replace the function of the renal (*Santana et al., 2020*).

Chronic renal failure (CRF) is a progressive loss in renal function over a period of months or years. All individuals with Glomerular filtration rate less than 60 mL/min/1.73 m² for 3 months or more are classified as having chronic renal failure, irrespective of the cause. It is a state of progressive loss of kidney function ultimately resulting in the need for renal replacement therapy (dialysis or transplantation). Kidney damage refers to pathologic abnormalities either suggested by imaging studies or renal biopsy, abnormalities in urinary sediment, or increased urinary albumin excretion rates (*Abdel-Fattah et al., 2019*). The World Health Organization *WHO (2020)* has confirmed that people with chronic diseases are more likely than others to develop kidney failure, as their risk of kidney failure increases by three times compared to other healthy people. More than 10% of the world's population suffers from kidney disease, and the cases are rapidly worsening,

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