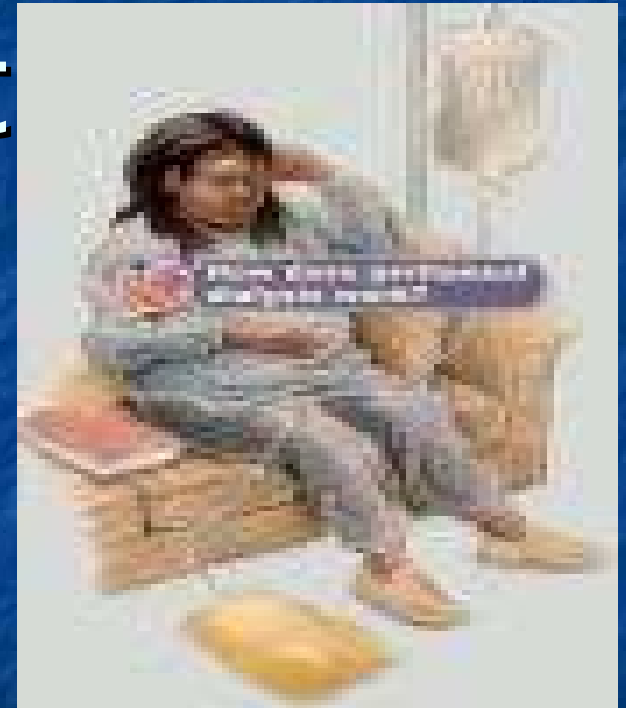


Clinical Challenges in the Renal Patient



Jeffrey Ng
Nurse Manager
National University Hospital



Outline:

- Introduction
- Challenges face by the Renal Patient
- How can we nurses help the Renal Patient
cope with some of these challenges?

How does a renal failure patient present?

- Salt & water retention
- High BP
- Reduce / No urine output
- In severe cases breathlessness due to pulmonary edema / acidosis
- Host of uraemic symptoms eg: nausea & vomiting, pruritus, seizures etc.
- Insomnia
- Sexual dysfunction

Challenges

- Initiation of Dialysis
- Compliance to fluid restriction
- Compliance to medications
- Compliance to Dialysis Treatment (PD/HD)
- Compliance to Dietary Recommendation
- Care of Dialysis Accesses
(Fistulas/Grafts/PD & HD Catheters)

Initiation of Dialysis

- Body Image
- Social & Family support
- Quality of Life
- Anxiety
- Depression

Compliance to Fluid Restriction

- ***Both a complication & a mode of presentation of severe renal failure.***
- Fluid restriction – 0.5-1l plus urine output.
- Intra Dialysis Weight Gain – 2-2.5kg depending on patient's residual renal function.
- Difficult to cope in most patients resulting in complications.

Compliance to medication.

- Anti-hypertensive
- Phosphate Binders
- Iron Supplement
- Erythropoetin
- Vitamins
- Hypoglycaemic Agents

Compliance to Dialysis treatment

- Dialysis regime
- Financial
- Family Support
- Quality of Life

Compliance to Dietary Recommendation

- Low salt diet
- High protein (PD) 1.2-1.3g/kg
- Low K⁺
- Low Phosphate
- Vitamins eg: C for wound healing.

Care of Dialysis Accesses

- Arterio-Veno Fistula / Graft
- Temporary / Permanent Dialysis Catheters
- Peritoneal Dialysis Catheter

Arterio Venous Fistula



- Maintain Patency
- Stenosis
- Pseudoaneurysms
- Infection
- Cannulation problems

Temporary / Permanent Dialysis Catheters



- Infection
- Thrombosis in catheter
- Poor flow
- Complications during insertion.

How can we help in all these challenges the patient faces?

- Patient & Family Education
- Provide ongoing re-inforcement
- Provide support
- Serve as an advocate and empower them to be their own advocates.

“The people who say they don’t have time to take care of themselves, will soon discover they are spending all their time being sick”



Anonymous



Questions

are

guaranteed in

life;

Answers

aren't.

