

## #1864 - The effect of empowerment program on self-efficacy in hemodialysis patients: a randomized clinical trial

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### Body

**Introduction:** Hemodialysis patients (HP) are facing with various physical and psychological problems and their health is dependent on fluid restriction, nutritional precautions, the use of recommended drugs, and regular attendance in dialysis sessions. Therefore, controlling the problems and promoting the health of these patients requires their taking part and self-efficacy. Aim of study was to determine the effect of empowerment program based on the BASNEF model on self-efficacy of HP.

**Methods:** This was a randomized clinical trial study that performed on 60 HPs in specialized Hospital, Kashan (2017). The intervention group received empowerment program based on the BASNEF model in 8 sessions over a period of 4 weeks and control group received routine care. Data were collected with the Sherer's general self-efficacy questionnaire and analyzed by Chi-square, Fisher, independent and paired t-test in SPSS v16.

**Results:** At the end of the study, the mean score of self-efficacy in the intervention group ( $68.07 \pm 13.78$ ) was significantly higher than the control group ( $50.3 \pm 18.02$ ) ( $p < 0.0001$ ). Also, there was a significant difference between the mean self-efficacy scores of HPs before and one week after the intervention group ( $p < 0.0001$ ) but there was not found significant difference in control group.

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**Conclusion:** The empowerment program based on the BASNEF model is effective on general self-efficacy of HPs. Therefore, it is recommended that this program be used to increase self-efficacy and to promote the physical and mental health of HPs.

**Keywords:** empowerment, BASNEF model, self-efficacy, hemodialysis

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