

## #1991 - Effect of Education based on the Self-efficacy Theory on improvement of Skin and Fistula care in Hemodialysis patients

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**Background and aim:** Skin problems and incidence of infection in vascular access site is one of the most common problems in hemodialysis patients. As increasing self-efficacy of patients can increase their self-care behaviors, and according to the importance of the necessary trainings presentation about skin and fistula care, the present study was conducted with the aim of to determine the effect of the education based on the self-efficacy theory on improvement of skin and fistula care in hemodialysis patients.

**Methods:** This interventional study was conducted on the population consists of 70 hemodialysis patients of Qom city (35 in both experimental and control groups) in 2016. The data collection instrument consisted of a demographic features questionnaire, self-efficacy (SUPPH) and the researcher-made validable and reliable questionnaire of skin and fistula care, that were collected in two stages before and 3 months after intervention. Educational intervention based on the self-efficacy theory was performed for the experimental group during two half-hour sessions. Data analysis was done by using SPSS-16 software and independent T-test, paired T-test, Chi-square and Mann-Whitney tests at the significance level less than 0.05.

**Results:** In the experimental group, there was a significant difference between the mean scores of skin and fistula care, before and after the intervention ( $p < 0.001$ ). Also, mean scores of skin and fistula care after intervention, have significant difference between the experimental and control

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groups ( $p < 0.001$ ). About the self-efficacy, was shown a significant difference between the experimental and control group after intervention ( $p < 0.001$ ).

**Conclusion:** According to the results of this research, implementation of a proper training programs by using the self-efficacy theory can be effective in improvement of the self-efficacy of hemodialysis patients in field of skin and fistula care.

**Keywords:** Hemodialysis, Education, Self-efficacy Theory, Care, Skin, Fistula.

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