

#1993 - The effect of educational program based on the Roy adaptation model on General Health and life Satisfaction in hemodialysis patients

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Body

Introduction: Hemodialysis patients have not good condition in term of general health and life satisfaction. One of the applicable and effective care methods for adaptation of hemodialysis patient with physical, mental and social problem is caring based-on Roy adaptation model. This study aimed to examine the effects of care plan based-on the Roy adaptation model on general health and life satisfaction of hemodialysis patients.

Method: This was a randomized clinical trial study that is carried out on 60 hemodialysis patients in hemodialysis ward at kowsar hospital of semnan and Emam Khominie (RA) hospital of Garmsar in 2015. Demographic, general health and life satisfaction questionnaires were completed in both experimental and control group, and the Roy adaptation model form was completed in experimental group. After evaluating Roy adaptation model form and coordinating with experimental group patients, care plan was performed based-on extracted non-adaptive behaviors and its stimuli. Patients follow up were done by phone and face to face meetings during two week. Patients in control group received only routine nursing care during hemodialysis. After two weeks, general health and life satisfaction questionnaires was completed again in both groups. Data analysis has performed with kolmogrov-smirnov, t-test, paired- t test, chi-square and oneway ANOVA tests by using spss-16.0 software.

Results: Results showed that the mean age of patients in

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experimental group and the control group was 56.37 and 61.97 years respectively. The mean of duration of hemodialysis in the experimental group and the control group was 33.70 and 46.97 month respectively. The results of tests showed significant differences between mean scores of general health and life satisfaction between two groups after intervention, so that general health score was lower in the experimental group than control group, indicating improve in general health and life satisfaction scores in the experimental group after intervention.

Conclusion: Finding of this study showed that application of care-plan based on Roy adaptation model affect on general health and increase life satisfaction among hemodialysis patients. With regard to the implementation of care plan based on nursing theories especially Roy adaptation model as an effective and applicable method in hemodialysis ward, therefore its usage as a training program recommended for hemodialysis patients to cope better with the physical and psychological effects of the disease and limitations caused by illness and its treatment.

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