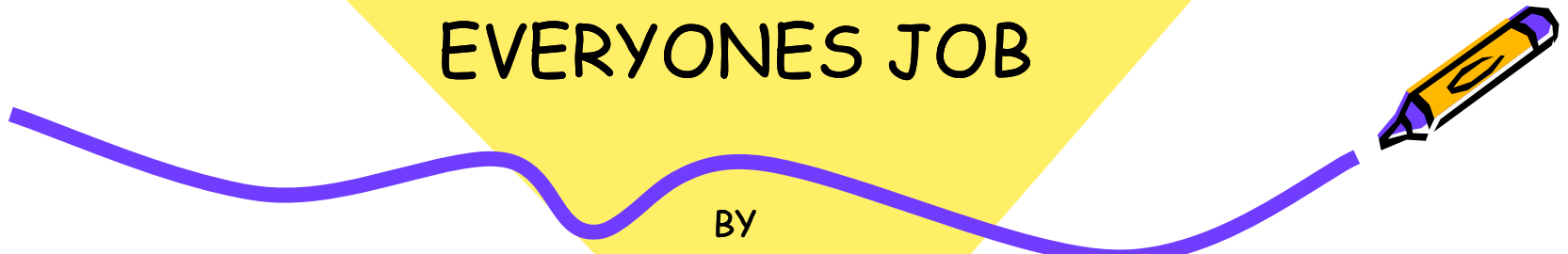




# TEACH THEM SOMETHING

PATIENT TEACHING IS  
EVERYONES JOB

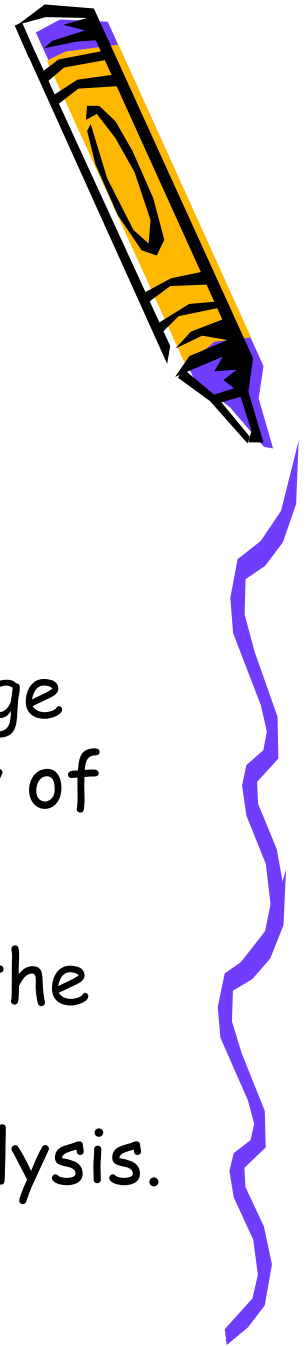


BY  
JAN MLODZIKOWSKI, RN, BSN, CNN, CCM, AATCM

# Patient Education: Their Treatment, Their Choice

## Objectives

- 1. Understand why it is important for patients to make informed choices
- 2. Understand how increased knowledge allows patient to have a better quality of life
- 3. Learn why patient education helps the patient handle physical, emotional and financial changes in their life with dialysis.



# Knowledge Has Many Different Benefits



Patient education benefits the;

- **Patient** - by decreasing anxiety and improving adherence to plan of care
- **Health care community** - by decreasing number emergent admissions
- **Insurance companies** - by decreasing the amount of unnecessary medical procedures and hospitalizations
- **Taxpayers** - better utilization of Medicare budget.

Making a patient knowledgeable gives them the power to succeed.



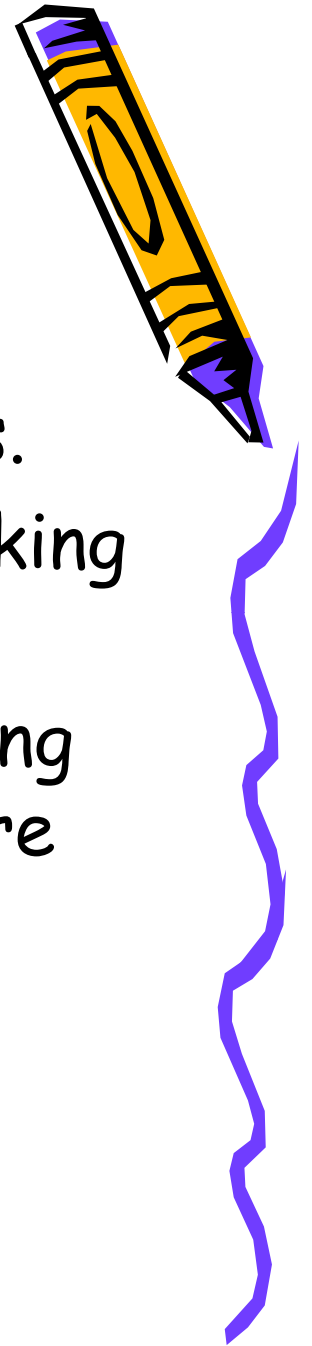
# What is Patient Education?

- Verbal or written material provided to the patient in an effort to improve understanding and prevent complications.
- Offers the patient an understanding of their disease process and treatment plan.
- Supplies instruction about expected behaviors and unit activities to assist the patient.

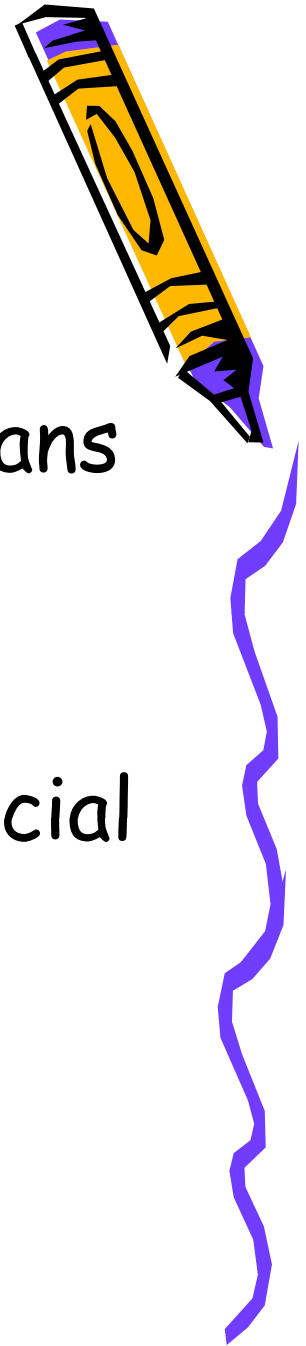


# Benefits of Patient Education

- Results in improved long term outcomes.
- Leads to better coping and decision making skills.
- Patients who have a strong understanding of their disease or illness are much more likely to recover fully and not have repeated setbacks.



# Informed Patients



- Understand and follow treatment plans
- Have a better quality of life
- Live well with kidney disease
- Handle physical, emotional and financial changes better



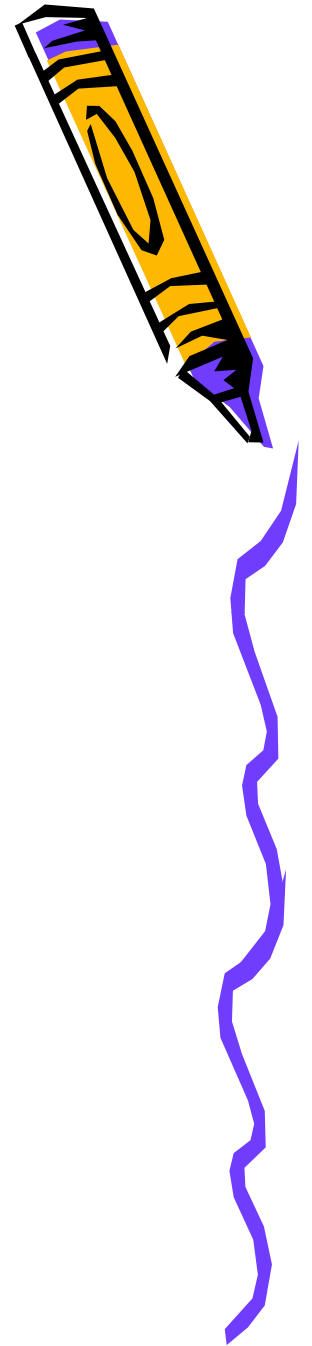
# So Who Teaches?

- All the team members in the dialysis unit are teachers
  - PCT's, Dieticians, Nurses and Doctors
- Teaching can be formal or informal
- Teaching is done by our actions as well as our words



# What Do You Teach?

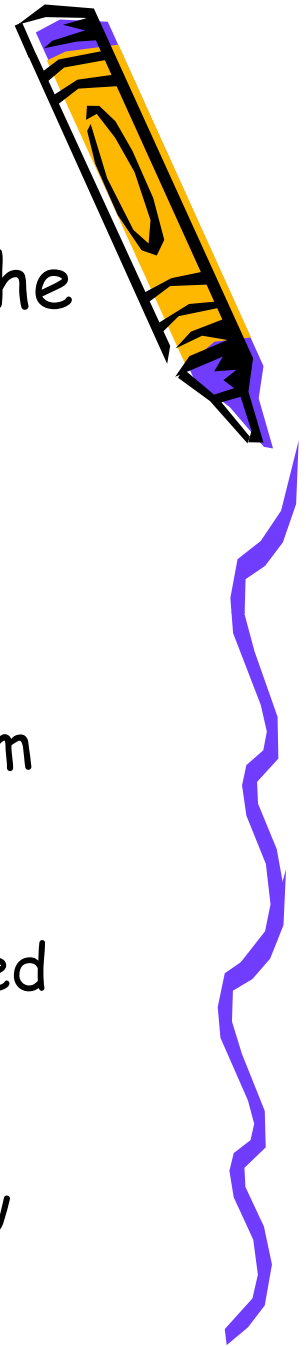
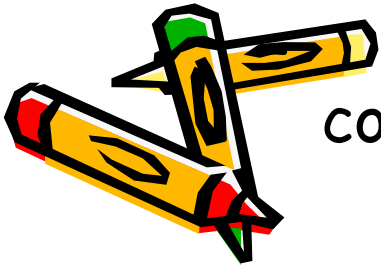
- Access care
- Fluid control
- Diet control
- Medication adherence
- Treatment adherence





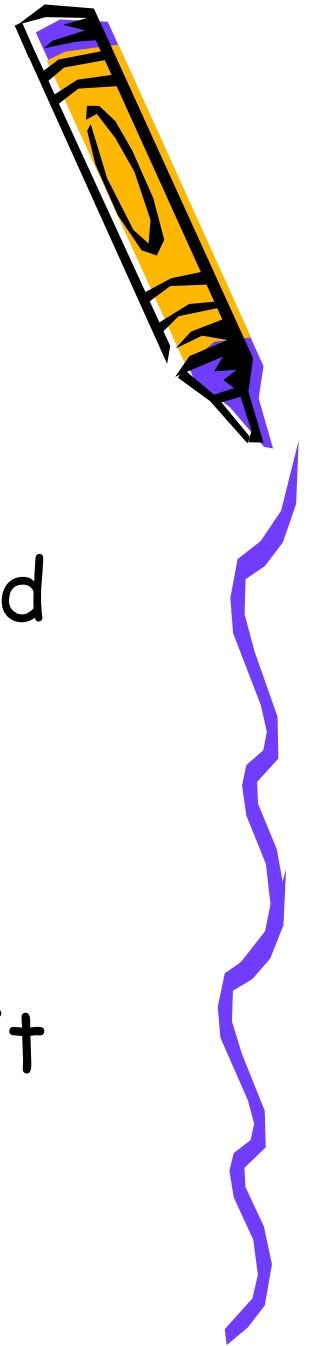
# When Do You Teach?

- Every time you encounter a patient in the dialysis unit you teach
  - You teach how the patient should care for their access when you prepare to use the access
  - You teach the importance of getting pre dialysis blood pressures when you take them appropriately
  - You teach the need for appropriate weight gains when you discuss weight to be removed
  - You teach the importance of coming to treatments when you encourage staying on machine for full treatment and show concern when they miss a treatment



# How do you Teach?

- Look you patient in the eye
- Take time with each patient
- Give the same information each and every time....not just once
- Answer patient questions or find someone who can if you can't.
- Be consistent by following your unit policies



# Conclusion

It is our responsibility as caregivers to help our patients be as self sufficient as possible. To care for oneself the patient must possess knowledge of the disease process and its treatment. Thus it is up to us to educate and not enable helplessness in our patients.



So Which are You?

A Teacher

or

an Enabler



# References

- Suite101: [The Importance of Patient Education: Knowledge Has Many Different Benefits | Suite101.com](http://kristie-jernigan.suite101.com/the-importance-of-patient-education-a123056#ixzz1kIaQoBwg)  
<http://kristie-jernigan.suite101.com/the-importance-of-patient-education-a123056#ixzz1kIaQoBwg>

