## TABLE OF CONTENTS

			Page			
Abst	tract		ii			
Ack	Acknowledgement					
Tabl	viii					
List	of Figure	es es	xvi			
List	xvii					
List	of Appen	ndices	xix			
CHA	APTER 1	1: INTRODUCTION				
1.0	Introdu	action	1			
1.1	Backgr	Background information				
	1.1.1	End Stage Renal Disease and haemodialysis	2			
	1.1.2	Common problems in haemodialysis patients	5			
		1.1.2.1 Hypertension	5			
		1.1.2.2 Fluid overload and weight gain	6			
	1.1.3	Noncompliance	8			
	1.1.4	Strategies for noncompliance	9			
1.2	Problem statement					
	1.2.1	Statistics	10			
	1.2.2	Previous studies	11			
	1.2.3	Personal interest	12			
1.3	Resear	ch Questions	13			
1.4	Resear	ch aims and Objectives	14			
1.5	Signifi	16				
	1.5.1	Patients	16			
	1.5.2	Nursing Practice	17			
	1.5.3	Organization	17			

1.6	Conceptual definitions and Operational definitions				
1.7	Focus and organization of the thesis				
1.8	Summar	ry	22		
СНА	PTER 2:	LITERATURE REVIEW			
2.0	Introduc	etion	23		
2.1	Literatu	re search	23		
	2.1.1	Criteria	24		
	2.1.2	Sources	24		
	2.1.3	Keywords	25		
	2.1.4	Results of key studies	25		
2.2	Haemodialysis treatment				
2.3	Hypertension in haemodialysis 2				
2.4	Interdialytic weight gain 30				
2.5	Noncompliance in haemodialysis 33				
2.6	Improving compliance in haemodialysis patients				
	2.6.1	Educational interventions	38		
	2.6.2	Multidimensional intervention	42		
2.7	Patient 6	education in end stage renal disease	45		
2.8	Cognitiv	ve Theory	46		
	2.8.1	Observational learning	46		
	2.8.2	Mental states are important to learn	47		
	2.8.3	The Modeling Process	47		
2.9	Conceptual framework 4				
2.10	Summary 51				

## **CHAPTER 3: METHODOLOGY**

3.0	Introduc	oduction 52				
3.1	Study o	sign				
3.2	Study so	etting	53			
	3.2.1	Study hospital	54			
3.3	Populat	ion and sample	56			
	3.3.1	Target population	56			
	3.3.2	Sample criteria	57			
	3.3.3	Sample size	58			
3.4	Instrum	ents	60			
	3.4.1	Questionnaire	60			
	3.4.2	Questionnaire Validity and Reliability	61			
	3.4.3	Patient Data Collection Sheet	63			
3.5	Data co	llection method	64			
	3.5.1	Phase 1: Survey and retrieve information from patients' record	64			
	3.5.2	Phase 2: Educational intervention	65			
		3.5.2.1 Teaching plan and guides	66			
		3.5.2.2 Patient Information Booklet	68			
	3.5.3	Data collection process	68			
	3.5.4	Post intervention data collection	71			
3.6	Analysi	s of data	73			
3.7	Ethical considerations					
3.8	Pilot stu	udy	75			
3.9	Summary					

## **CHAPTER 4: RESULTS**

4.0	Introduction				
4.1	Study sample				
4.2	Patients	characteristics	77		
	4.2.1	Pre-intervention fluid overload experience and symptoms	80		
	4.2.2	Source of information about fluid and salt control	81		
4.3	Pre-inter	rvention knowledge about fluid and salt control	83		
	4.3.1	Analysis of questionnaire	83		
4.4		nent of the level of knowledge and its association with f information pre-and post-intervention	86		
	4.4.1	Knowledge level pre-and post-intervention in both experimental and control groups	86		
	4.4.2	Association between knowledge level and ever received information	87		
4.5	by demo	ison of the mean total knowledge on fluid and salt control ographic and clinical characteristics pre-and posttion between experimental and control groups	89		
	4.5.1	Comparison of the mean total knowledge scores by demographic and clinical characteristics (Group)	89		
		4.5.1.2 Comparison of the mean total knowledge scores by demographic and clinical characteristics (Post hoc analysis)	93		
	4.5.2	Comparison of pre-and post-intervention mean total knowledge scores for experimental and control groups	98		
4.6	Evaluating the effectiveness of patient education on knowledge improvement for both experimental and control groups				
	4.6.1	Evaluating the effectiveness of the educational intervention on the level of knowledge on fluid and salt control for both experimental and control groups	99		
4.7	Determining predictors and associations between knowledge 102 levels, demographic and clinical factors at post-intervention for the experimental group				

	4.7.1		ssociated with knowledge improvement on fluid ontrol post-intervention.	102		
4.8	Determining fluid compliance pre- and post- intervention in the experimental and control group					
	4.8.1	-	on of fluid compliance at pre- and post- on for both the experimental and control groups	106		
	4.8.2		fluid compliance at pre- and post-intervention he control and experimental group	109		
	4.8.3		apliance levels pre- and post-intervention for experimental and control groups.	113		
		a) Inte	erdialytic weight gain (IDWG)	113		
		b) Me	ean pre-dialysis blood pressure (MPBP)	116		
		c) Rat	te of fluid adherence (RFA)	118		
4.9	Evaluating the effectiveness of patient education on fluid compliance improvement at 1-, 3- and 6-month post-intervention for both the experimental and control groups.					
	4.9.1		npliance outcome at 1-month post-intervention he experimental and control groups	120		
	4.9.2		for fluid compliance at 3-month post- on for both experimental and control groups	124		
	4.9.3		for fluid compliance at 6-month post- on for both the experimental and control groups.	127		
4.10	complia		redictors and association between fluid graphic factors and knowledge post-intervention l group.	130		
	4.10.1		ssociated with fluid compliance improvement at d 6-month post intervention for the experimental	130		
		4.10.1.1	Factors associated with interdialytic weight gain (IDWG) compliance improvement at 1-, 3- and 6-month post-intervention in the experimental group	130		
			a) Factors associated with IDWG compliance improvement and predictors of compliance improvement on the IDWG: comparing the baseline to 1-month post-intervention	130		

	b)	Factors associated with the IDWG compliance improvement and predictors of compliance improvement on the IDWG: comparing the baseline to 3-month post- intervention for the experimental group.	134	
	c)	Factors associated with IDWG compliance improvement and predictors of compliance improvement on the IDWG: comparing the baseline to 6-month post-intervention for the experimental group.	137	
4.10.1.2	imp	tors associated with MPBP compliance provement at 1-, 3-, and 6-month post-crvention in the experimental group.	140	
	a)	Factors associated with the MPBP compliance improvement and predictors of compliance improvement on the MPBP: comparing the baseline to 1-month post- intervention for the experimental group.	140	
	b)	Factors associated with the MPBP compliance improvement and predictors of compliance improvement on the MPBP: comparing the baseline to 3-month post- intervention for the experimental group.	143	
	c)	Factors associated with the MPBP compliance improvement and predictors of compliance improvement on the MPBP: comparing the baseline to 6-month post- intervention for the experimental group.	146	
4.10.1.3	Factors associated with compliance improvement on the RFA at 1-, 3-, and 6-month post-intervention for the experimental group.			
	a)	Factors associated with RFA compliance improvement and predictors of compliance improvement on the RFA: comparing the baseline to 1-month post-intervention for the experimental group.	149	

			b)	Factors associated with RFA compliance improvement and predictors of compliance improvement on the RFA: comparing the baseline to 3-month post-intervention for the experimental group.	152
			c)	Factors associated with RFA compliance improvement and predictors of compliance improvement on the RFA: comparing the baseline to 6-month post-intervention for the experimental group.	155
4.11	Summar	У			158
СНА	PTER 5	DISCUSS	SION		
5.0	Introduc	tion			160
5.1	Sample	characteri	stics		160
5.2	Fluid ov	erload exp	perienc	ee and symptoms	161
5.3	Sources of information on fluid and salt control				
5.4	Analysis of questionnaire				
5.5	Knowledge on fluid and salt control				163
	5.5.1	Knowled	lge lev	el pre-and post-intervention	163
	5.5.2	Associati		knowledge level with ever received	164
5.6	Mean to			cores pre-and post- intervention	165
	5.6.1	Mean tot		wledge by demographic and clinical	165
5.7	Effectiveness of patient education on knowledge improvement post-intervention				
5.8				knowledge improvement on fluid and salt for the experimental group	167
5.9	Fluid co	mpliance	status	during the pre- and post-intervention stage	170
	5.9.1	Fluid cor	nplian	ce levels	170
		5.9.1.1	Interd	dialytic weight gain (IDWG)	170
		5.9.1.2	Mear	n predialysis blood pressure (MPBP)	171

		5.9.1.3 Rate of fluid adherence (RFA)	173				
	5.9.2	Trends of fluid compliance between experimental phases	174				
5.10	Effectiv improve	eness of educational intervention on fluid compliance 176 ment					
5.11	Factors	associated with fluid compliance	178				
	5.11.1	Factors associated with interdialytic weight gain (IDWG) compliance improvement at 1-, 3-, and 6-month	178				
	5.11.2	Factors associated with mean predialysis blood pressure (MPBP) compliance improvement at 1-, 3-, and 6-month post intervention	180				
	5.11.3	Factors associated with rate of adherence (RFA) compliance improvement at 1-, 3-, and 6-month	181				
5.12	Summar	ry	183				
СНА	PTER 6	CONCLUSION					
6.0	Introduc	ction	185				
6.1	Implications for practice 190						
6.2	Recomm	mendations	191				
	6.2.1	Practice	191				
	6.2.2	Education	193				
	6.2.3	Research	194				
6.3	Limitati	ions	196				
6.4	Summai	ry	197				
REF	ERENCE	ES	198				