

Name of Student: Dorothy Wai

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Title: A study on the relationship between interdialytic weight gain and patients' attitudes and knowledge towards fluid restriction: a Macau experience

ABSTRACT

For patients with end stage renal failure on hemodialysis, non-adherence to fluid restriction is a common problem with serious health consequences. Non-compliance involves many factors and these have been extensively studied. It is important to continue studying the topic because health care is dynamic and new insights are needed to keep nursing care up to date. Moreover, compliance to health regimes would optimise health outcomes, but patient's right to choose is also important, and professionals must rethink the role of compliance, and how it should be achieved. In this study, the fluid restriction compliance of hemodialysis patients of Macau was studied. Interdialytic weight gain (IWG) is a commonly used indicator of fluid compliance. The purpose of the study was to determine whether there were any relationships between a person's IWG and his/her knowledge in how to restrict fluids and between IWG and his/her attitudes toward fluid restrictions. A questionnaire was designed to collect data to classify patients into having 'acceptable IWG' or 'compliant to fluid restriction', 'unacceptable IWG' or 'non-compliant to fluid restriction', 'good knowledge', 'average knowledge', 'bad knowledge', 'patients with good attitudes' and 'patients with bad attitudes'. The knowledge level and the attitudes of the 'acceptable IWG' group were compared with those of the 'unacceptable IWG' group to see if there were any relationships. The results showed that a large proportion of the subjects had 'unacceptable IWG' and having knowledge in fluid restriction did not increase patient's compliance to fluid restriction. Most patients were found to have 'good attitudes' that would encourage them to comply to fluid restrictions but this was not the case. No statistical relationship was found between the variables due to the limitation of the study, but it had given a better insight into the dialysis population of Macau. The findings had prompted review of current practice and awareness of the apparent lack of interest, knowledge and support for research in Macau. It should encourage nurses to continue to support research in the clinical field to step towards science-based nursing in Macau.