

The health literacy and associated factor toward delaying the deterioration of renal function in patients with chronic kidney disease

YU-Jhen LIN¹ Miao-Ru LIOU² Shang- Ju Chan³

1. Yunlin Christian hospital Hemodialysis Department Head Nurse

2. Yunlin Christian hospital Nephrology Case Manager

3. Yunlin Christian hospital Director of Nephrology Department

Background and objective

According to the Taiwan Society of Nephrology and the Ministry of Health and Welfare, chronic kidney disease ranks first among health insurance spending diseases in 2022, with health insurance premium expenditures of 58.7 billion. In 2022, nephritis nephrotic syndrome and nephropathy will be the 10th leading cause of death in the country.

The purpose of this study is to promote "health literacy" and "healthy lifestyle" for patients with chronic kidney disease, and provide treatment and health education measures. To prevent, reduce or delay the deterioration of renal function, thereby improving the health-promoting behavior of patients with chronic kidney disease, reducing the burden of health insurance and medical care, and achieving a win-win-win goal.

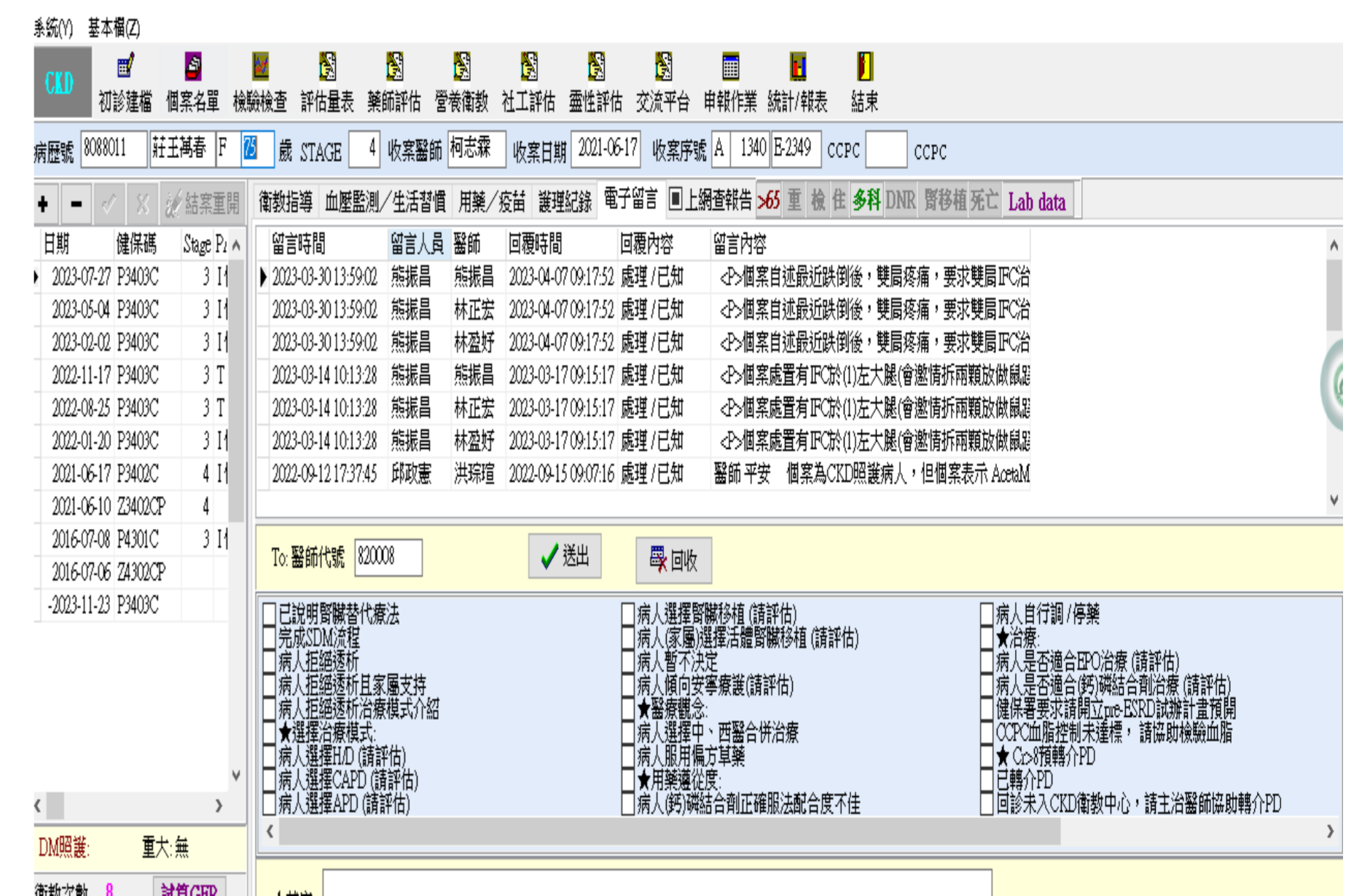
Methods/Intervention

The research method adopted a cross-sectional research design, questionnaire method, observation method, and purposive sampling method to select 178 patients with stage 3 and 4 chronic kidney disease as the research subjects. The questionnaire is divided into four parts: basic information, personal health status, disability question group, health information, dietary awareness, and medical services. This questionnaire uses a Likert five-point scale. Respondents range from very knowledgeable = 5 to very ignorant = 1 to assess the patient's understanding of their health status. The results of the study found that the average value of 13 of the 23 questions was higher than 3.5, indicating that patients had a moderate perception of their own health status, and the average scores of dietary cognition and medical services were low, so they had a significant impact.



Therefore, the following methods and interventions will be carried out:

1. Telephone visits and care.
2. Establish an information system to effectively manage patient information.
3. Integrate the medical treatment process.
4. Continuous care and reminder services for the elderly.
5. Provide services through the social welfare system.
6. Hold symposiums to allow patients to share their experiences.



Results

The research results show that health literacy, age, education level, and medical services are related. Our hospital promotes the establishment of a promotion group by the Health Management Center, Administrative Management Team, and Nephrology Department, clearly defines relevant standard operations, holds regular meetings, and invites "mysterious guests" to evaluate medical services and processes.

In terms of satisfaction, The overall satisfaction rate in 2022 is 49.5%, In 2023, the satisfaction level of Stage 3b patients will reach 92.05%, and the satisfaction level of Stage 4 patients will reach 94.1%. This shows significant progress in management and intervention, allowing patients to be more proactive and engaged in treatment and follow-up.

Conclusions/Lessons learned

Improving health literacy is increasingly important for patients with chronic kidney disease. It covers educational intervention, smooth medical services, improved social welfare support system, and active participation and support of the government, which are relevant to improving the health awareness of patients with chronic kidney disease.

Creating a healthy lifestyle and quality of life may improve their health status and help control diseases and avoid complications.

Strengthen the public's awareness of kidney health, establish the concept of kidney health and prevention, actively protect their kidneys, and embrace a better kidney-friendly life.

Relevance to HPH

Promote medical teams to provide all-round friendly care and establish health-savvy hospitals to encourage patients to actively participate in treatment. Personalized health education measures place more emphasis on patients' self-management and prevention in daily life. These methods are crucial for the management of chronic kidney disease and can improve patients' quality of life while reducing the medical burden, achieving a win-win situation.



Keywords : Chronic kidney disease, health literacy, self-care behaviors

