

Purpose

- ❖ Established a health wellness program for individuals on hemodialysis in Winston Salem, NC to increase quality of life, health literacy and mental health.
- * Encouraged health and wellness discussions between dialysis patients and healthcare providers at multiple dialysis centers.
- ❖ Ensured long-lasting systems change by incorporating health education into the daily formal programming of two dialysis centers.

Services Provided

- ❖ Developed 6 relevant health education videos each being five to ten minutes in length:
 - Kidney function
 - Medications
 - Treatment options
 - Dialysis diet
 - Mental health
 - Patient advocacy
- Created health notebooks and surveyed patients' health literacy, quality of life and mental health via questionnaires.

Kidney Health Education Series for Patients on Dialysis

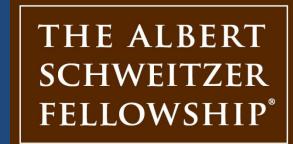
Rachel Skains and Arianne Morrison NC Albert Schweitzer Fellows 2015-2016



Salem Kidney Center Piedmont Dialysis Center



www.schweitzerfellowship.org 704-895-6506



Outcomes

Increased the capacity of two dialysis centers to educate and empower patients to take charge of their health and improve their quality of life.

Sustainability

- Developed 6 engaging health education videos and posted on YouTube for easy accessibility
- Implemented patient-based viewing of the videos to facilitate a personalized approach to health needs:
 - Rounding physicians "prescribe" specific videos as needed to be viewed on individual iPads and discussed with social workers.
- Employed center-based distribution:
 - ♣ Loop the health videos on TV DVD
 1-2x daily during periods of highest occupancy of patients in the lobby.