

Kidney Health Education Series for Patients on Dialysis

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.

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NC Albert Schweitzer Fellows 2015-2016



Salem Kidney Center
Piedmont Dialysis Center

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.

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.

