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## A study on assessing the impact of patient counselling among hemodialysis patients

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Management of renal disease may include pharmacotherapy, dialysis, lifestyle modifications, organ transplants and immunosuppressive therapy. Lack of adherence and proper perception towards prescribed renal failure treatment is a major contributor to poor outcome. This prospective, open labelled, interventional study, which included 60 patients on hemodialysis was conducted with an objective to evaluate the degree of adherence, perception towards various treatment recommendations and to study the effect of patient counselling in improving adherence among patients on hemodialysis. In this study patient perception and adherence towards treatment was assessed using the ESRD-AQ (End Stage Renal Disease-Adherence Questionnaire) scored questionnaire, where subjects were evaluated before and after counselling with a follow up period of forty five days and their response was scored. The scored response from 58 subjects who completed the study were assessed which indicated better patient perception towards dialysis and lesser towards medication diet and fluid. Adherence towards dialysis scored high followed by medications and diet recommendations while fluid restriction was identified to be least followed by the patients. Upon completion of patient counselling, improvement was observed in perception and adherence towards diet and medication. The data analyzed for other parameters were not statistically significant but clinically comparable. The common reason cited by study subjects for non-compliance was forgetfulness (17. 24%). From this study it can be concluded that patient counselling has a positive impact clinically on patient's perception and adherence.

### Biography

Asha Sara Stephen is currently pursuing Doctor of Pharmacy Program (PharmD) Internship in PSG College of Pharmacy, affiliated to Dr. MGR Medical University Chennai, Tamil Nadu. She has published one article in an international journal. She has attended many national and international conferences and has presented a poster in a national level symposium.

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