



Multidisciplinary Education of Patients with Chronic Kidney Disease

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Abstract: Background: Multidisciplinary education of patients with chronic kidney disease (CKD) is in focus of observational studies. Most of them demonstrated that education prolongs the time to dialysis and improves patient outcomes after the onset of dialysis. Methods: During 2011-2012 at Policlinic Service all CKD patients who visited the outpatient nephrology clinics were enrolled. All patients were proposed multidisciplinary predialysis education (MPE). There are two groups: the MPE recipients (visited every month) and non-recipients MPE (visited irregularly). We compared the incidence of dialysis and mortality in two groups. The MPE was standardized in accordance with the NKF/ DOQI (National Kidney Foundation) / (Dialysis Outcomes Quality Initiative) guidelines. Results: There are 120 patients. 60 received MPE and 60 non-received MPE. The mean follow-up period was 12 ± 1 months. Dialysis was initiated in 11,7 % in MPE group and 25 % in non-MPE group. Mortality was 1.7 % and 8.3% in the MPE and non-MPE groups, respectively. Conclusions: An efficient standardized MPE program may decrease the incidence of dialysis and reduce the all-cause mortality in CKD patients.

Key words: *chronic kidney disease, multidisciplinary education, dialysis, mortality*

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