



AMERICAN NEPHROLOGY NURSES' ASSOCIATION

ANNA'S 45TH NATIONAL SYMPOSIUM

APRIL 13-16, 2014

HILTON ANAHEIM & ANAHEIM CONVENTION CENTER, ANAHEIM, CALIFORNIA

Knowledge, Self-Management, and Self-Efficacy in CKD Patients

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Problem: Chronic kidney disease (CKD) currently affects 26 million Americans. The leading causes of CKD are diabetes and hypertension and many people have all three diseases. CKD slowly progresses from Stage 1 to Stage 5 and annual per person costs increase exponentially as the disease progresses. Slowing the progression of the disease is a major goal of medical therapy and requires significant and complex self-management behaviors from patients. Similar to other chronic conditions, patients must have the knowledge, confidence, and skills to self-manage.

Methods: The purpose of this descriptive study is to describe the knowledge, skills, and confidence of 60 Stage 1-4 CKD patients. Data are being collected during a routine nephrologist visit. The specific research questions are: (1) What knowledge about CKD do patients possess?; (2) What self-management behaviors do patients describe using in daily living?; (3) What is the relationship between self-management and self-efficacy?; (4) What is the relationship between self management and knowledge? The Kidney Knowledge Survey, CKD Self-Management Scale, and the Self-Efficacy for managing Chronic Disease 6-Item Scale are being used for data collection. Data collection is in progress. Descriptive statistics will be used to analyze findings.

Implications: Data from this study will provide important information to help improve the knowledge, confidence, and skills of CKD patients.

Abstract selected for presentation at ANNA's 45th National Symposium, Anaheim, CA, 2014