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Chronic Kidney Disease: Early Education Intervention in Primary Care Setting

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Background: Chronic kidney disease is a public health problem worldwide. Awareness of chronic kidney disease among patients is low. Providing early education will empower the patient with tools, resources, and knowledge to self-manage the disease.

Purpose: The aim of this study is to determine if providing self-management education will improve the awareness of chronic kidney disease and increase knowledge regarding the disease process in the primary care setting.

Design: A quasi-experimental study will be conducted with pre-post comparison using a survey of kidney disease knowledge.

Methods: The study will be conducted at an academic medical center in central Virginia at a large primary care medicine clinic. The primary care family medicine clinic offers primary care for patients of all ages. The primary clinic offers general services in the care of chronic health conditions.

Results: Forthcoming. All statistical analysis will be performed in the Statistical Package for the Social Science (SPSS) software. Descriptive statistics such as means, median, mode, percentages, confidence interval, and standard deviation will be used to determine the characteristics of the study participants. Independent t-test will be used to compare the clinical outcomes of the difference between knowledge in the pre-test and the post-test.

Implications: Providing early awareness and education for patients with CKD in the primary setting will have important implications for nursing and the entire healthcare team. Awareness and knowledge of CKD is increased by early and targeted education intervention. Inadequate kidney disease awareness and knowledge pose significant barriers to optimal clinical outcomes because unaware patients are not likely to seek care until late in the course of disease.

Conclusions: Forthcoming

Products of the Project: Review of the results of early education in the primary care setting for CKD will be proposed for implementation across the primary clinics at the academic medical center. This study will demonstrate the feasibility and outcomes of educational intervention during the primary care appointment. This study will provide valuable knowledge to the patient on how to manage CKD. There is an opportunity to develop protocols for partnering with the nephrology clinic and the primary clinic to provide early face-to-face education to the patient.

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