

# The importance of nurses in improving the quality of life of hemodialysis patients

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**Keywords**— *Chronic kidney disease, Quality of life, Nurse.*

**Abstract**— *Chronic Kidney Disease is an important Public Health problem due to its high rates of morbidity and mortality, it is a disease characterized by the slow and continuous loss of kidney function, a fact that causes, among other changes, the progressive accumulation of toxins and metabolism waste in the blood. . Thus, with the intention of removing impure and toxic substances from the blood and excess water in the body, hemodialysis becomes the most assertive method, although there are some restrictions due to this therapeutic treatment, such as dietary changes in basic and social daily activities. Objective: It aims to analyze the aspects that influence the good quality of life of the hemodialysis patient, and describe the importance of nursing care to the patient on hemodialysis, as well as the particularities of the disease and the role of the nurse. Methodology: bibliographic review with search in books, magazines, articles, publications by agencies and institutions such as the Ministry of Health. The search for information was based on data available online found on platforms such as: Scielo and Google Scholar. Conclusion: It is in nursing that many patients find solace and motivation to continue with the treatment. It was identified that the nurse and the nursing team have a fundamental role in helping the patient to have an improvement in the quality of life, guiding the patient to live with his limits and accompanying the evolution of the treatment, focusing on acting in a preventive way to possible complications with patients before, during and after hemodialysis, in addition to helping with emotional and family issues.*

## I. INTRODUCTION

Chronic renal failure (CRF) is a disease characterized by the slow and continuous loss of kidney function, a fact that causes, among other changes, the progressive accumulation of toxins and metabolic waste in the blood (DA SILVA FREITAS, et al, 2016). According to data from the Brazilian Society of Nephrology, the

prevalence of chronic kidney disease in the world ranges from 28% to 46% in individuals over 64 years of age and 7.2% for individuals over 30 years of age. In Brazil, it is estimated that more than ten million people have the disease (ABREU, et al, 2019).

Initially, CRF may not manifest any signs or symptoms, in addition to varying greatly from one

individual to another, without the person knowing and being able to prevent or delay its progression (MORSCH, et al, 2011), the most frequent symptoms are: of urine production skin pallor, edema, hypertension, nausea, vomiting, lethargy, rates of altered laboratory tests, trauma, severe, sepsis, hypovolemia, exogenous intoxication (VASCONCELOS, et al, 2018). The diagnosis, according to the Ministry of Health, can be made through an imaging test, preferably an ultrasound of the kidneys and urinary tract, blood and urine analysis (EAS) to identify the presence of protein (albumin) in the urine, and the presence of another protein known as creatinine.

Hemodialysis is currently the most common dialysis treatment used to allow patients to survive the final stage of the disease (ARAÚJO et al, 2022). patient's life (VASCONCELOS, et al, 2018).

In this sense, the nurse has an indispensable role with regard to assistance interventions in patient care, as he is at the forefront of the execution and planning of such care (DA SILVA FREITAS, et al, 2016) The patient during treatment begins to have psychological, sexual, physical, family and social restrictions. Which consequently lead to the development of drug dependence, anxiety, depression, loss of function and kidney treatments, in addition to changes in diet, dryness of the oral mucosa and decreased sexual interest, sleep disorders, changes in appetite and weight, thus related to a low quality of life (ARAÚJO et al, 2022).

The nurse must be alert and sensitive to the weaknesses and emotions of patients, such as: denial, frustration, depression, among others. Given this, it is therefore up to the nurse to identify these changes and take them into account when planning educational actions that help to cope with the disease and favor adherence to treatment and improvement of the patient's quality of life (QoL) (DA SILVA FREITAS, et al, 2016).

In view of this, it is immensely important that the nurse is following the hemodialysis sessions, coordinating the team and identifying the specificities of each patient. This professional should also intervene in the interaction between the family and the patient about the disease and its complications, providing guidance on the therapeutic plan, with psychological and technical aspects (DE ANDRADE, et al, 2021).

This scientific work aims to analyze the aspects that influence the good quality of life of hemodialysis patients, and to describe the importance of nursing care to patients undergoing hemodialysis, as well as the particularities of the disease and the role of nurses.

## II. THEORETICAL FRAMEWORK

Chronic Kidney Disease is an important Public Health problem due to its high rates of morbidity and mortality (COSTA et al, 2016). Kidney failure gradually and irreversibly leads the patient to adopt substitutive renal particularities (Kidney Transplantation and Dialysis, Hemodialysis), allowing the stability of these patients' lives. Thus, with the intention of removing impure and toxic substances from the blood and excess water in the body, hemodialysis becomes the most assertive method (DA SILVA et al, 2020).

However, there are some restrictions due to this therapeutic treatment, such as dietary changes in basic and social daily activities, the procedure is performed in hospitals or specialized units for 4 hours a day three times a week, which directly interferes with the quality of life of each individual. patient. (RIBEIRO et al, 2020). The survival of chronic renal patients is through a long-term vascular access, with arteriovenous fistulas as an initial option, through which the hemodialysis procedure is performed. (NEVES JUNIOR et al, 2020).

According to MADEIRO, Antônio Cláudio et al.2020 the:

Studies have shown that individuals undergoing dialysis face losses and stressful changes in image and organic functions. As a result of these losses, many people undergoing dialysis become depressed and anxious. Nevertheless, most manage to adapt to dialysis or, at least, adhere to treatment (p 2).

The consequences in the daily life of a chronic renal patient due to the treatment also cause physical, sexual, psychological, family and social limitations that affect the quality of life (QoL) and require the participation of a multidisciplinary team to contribute to this process of adaptation of the patient for their well-being (RIBEIRO et al, 2020). In addition, among the variables chronic diseases, chronic renal failure, as it is incurable, has been highlighted as a progressive pathology with rapid clinical evolution, causing different reactions to patients and thus affecting the quality of life(COSTA et al, 2016).

In view of this, the role of nurses in improving the quality of life of hemolytic patients is extremely important, and with the entire team dedicated to these patients, they must be committed to promoting self-care in this adaptation process, as they are the ones who maintain constant contact. (SANTOS et al, 2011). In addition, he is responsible for

welcoming the patient and supervising the nursing technicians in checking vital signs, preparing equipment and carefully observing the patient during the session to avoid worsening and intervene in possible irregularities that may arise (SOUSA et al, 2021), in addition, weight measurement before and after each procedure, evaluation of phlogistic signs in vascular accesses, and among other functions such as administration of analgesics, electrolytes, medicines and blood products is also the responsibility of nursing to provide comfort to the client (FRAZÃO et al, 2014).

In addition, based on NANDA, nursing care for chronic renal patients is linked to the prevention of infections, promotion of a comfortable environment, promotion of self-care, guidance to the family and the patient, and diet control. (FRAZÃO et al, 2014). Based on this, nursing has the authority and competence to intervene in any situation that concerns the comfort and care of the patient, with one of these interventions being the control and fight against complications, the promotion of safety and well-being and also increased attention to the accesses used in patients (GUIMARÕES, et al, 2017).

In addition, the nurse has the role of excellence not only in physical conditions, but also in emotional ones, being able to prescribe care according to the needs of each patient and create bonds of trust between the patient, the family and the team through therapeutic communication. (DA SILVA FREITAS 2016, et al) thus becoming the most important aspect for improving the quality of life of this patient.

Since complications have become more frequent, hemodialysis seeks to reverse not only uremic symptoms, but changes that are specific to the procedure and the low risk of death, so nursing professionals need to be always up to date on treatment in order to promote safety. and quality to the chronic renal patient (NASCIMENTO et al, 2005).

When analyzing the studies, it is clear that nurses motivate and promote knowledge so that there is action in care, thus proposing that the knowledge addressed is specific to the nephrology professional, being possible only when transformed into acts.

It should also be noted that the area of nephrology is wide, and that each patient has their own specificity in their treatment. With this, the professional must seek to understand the needs of their patients, so that they can respond more eloquently to the discomforts arising from the treatment, as well as the psychological ones (DE ANDRADE et al, 2021).

In view of the above, it is up to the nurse to activate the autonomy of chronic kidney patients through strategies that promote self-care, in addition to preparing and ordering

their nursing team, in order to offer a better quality of life to the patient (DE FREITAS et al, 2018).

### III. METHODOLOGY

The concepts referring to the subject addressed were described from a bibliographical review with a search in books, magazines, articles, publications by bodies and institutions such as the Ministry of Health. The search for information was based on data available online found on platforms such as: Scientific Electronic Library Online (SciELO) and Google Scholar, whose keywords were: Chronic kidney disease, Quality of life, Nurse and hemodialysis, Nursing care.

### IV. FINAL CONSIDERATIONS

Nursing enables an investigation into the care provided during hemodialysis sessions, allowing the patient to learn about the difficulties in the treatment process. Through the action and performance of the nurse, it is possible to notice that the knowledge passed on to the patients through the practical information provided by them, are completed by promoting means of applicability in the performance of the nurse and the patient, thus being the need and relevance of the guidelines and education provided to these patients by expanding their knowledge of the treatment for their own benefit. the care provided by the nurse to the patient showed a motivating and important character for the effectiveness of the treatment, providing necessary subsidies for the improvement and well-being of these patients.

In view of this, the continuing education of nursing teams that provide services in the area of nephrology is essential, becoming a team enriched with knowledge and techniques to improve in the daily work. Some reports made it possible to identify the nurse's relationship with the patient through dialogue and the attention given to patients, thus facilitating their adaptation. Nursing plays a very important role in hemodialysis and this action is undeniable. the nurses became closer contact points with the patient, evaluating care services, psychological support, in addition to often facilitating contact with the family.

It is in nursing that many patients find solace and motivation to continue with the treatment. the care provided to these patients goes beyond the practice of services, whether it is a nurse's advice to the patient, or also guidance to improve their quality of life. many patients create bonds, affinities and always try to please these professionals in each hemodialysis session in order to reward all the affection and care, becoming in many cases the only support during treatment due to abandonment by family members.

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