

An Exploration of Health Beliefs Related to Fluid-Restricted in Patients Undergoing Hemodialysis

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An Exploration of Health Beliefs Related to Fluid-Restricted in Patients Undergoing Hemodialysis

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Abstract

Background

Adherence to the therapeutic regimen is important for patients undergoing hemodialysis. The problem of non-compliance with fluid management is still a major problem for patients undergoing hemodialysis. Health-related beliefs on patients undergoing hemodialysis one of the factors that influence their adherence to the diet, but how is the confidence level of hemodialysis patients in Indonesia especially regarding fluid restriction still unclear. The aimed of this study was to explore the adherence of fluid restriction and health beliefs related to fluid restriction in patients undergoing hemodialysis.

Method

A cross-sectional study was conducted among 115 patients undergoing hemodialysis with a simple random sampling technique. Data were collected through an information form, the belief about fluid adherence scale including four subscales: perceived threat (susceptibility & seriousness), perceived benefit, perceived barrier, and self-efficacy. Descriptive statistic was used for data analysis

Result

The result showed that the majority of patients were less adherence to fluid restrictions (53.9%). The prevalence of patients who perceived barrier was higher (53%) than the result of belief in the perceived benefits (51%). Most patients have negative self-efficacy values against fluid restrictions.

Conclusion

Non-adherence with fluid restriction was a problem among hemodialysis patient. High levels of non-adherence are associated with greater 'perceived barriers'. A better understanding of health beliefs related to fluid restriction is needed by patients and to facilitate implementation of tailored interventions

Keywords

Health belief, Hemodialysis, Fluid restriction, Adherence, End-stage renal disease.

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