Delivering collaborative education to enhance patient-centred decision-making in renal failure

**Background**

There is increasing recognition that dialysis may not offer significant survival advantage or improvement of symptoms in older patients with high co-morbidity. Despite this, the number of people over the age of 75 starting dialysis in the UK continues to increase. Several studies have raised concern that patients are not fully informed about conservative management or the risks and burdens associated with dialysis, and around 60% of patients regret their decision to commence dialysis, many reporting it was the wish of their physician or family. Locally, patients with renal failure are invited to a patient/carer education session providing detailed information about the different types of dialysis on offer and individual sessions to revisit options and introduce conservative management. The group session lacked detail on conservative management and the renal supportive service provided by the local hospice.

**Aim**

To improve the decision-making process, ensuring patients fully understand all available options - reducing inappropriate commencement of dialysis and patient regret.

**Method**

The author met with the renal nurse manager who provides dialysis modality education in the local area, and offered to deliver information on conservative management and service provided by the local hospice.

**Results**

To date there have been three collaborative education sessions, providing information to 19 patients and carers. Evaluation of these sessions is consistently positive. Results can be demonstrated by graphs below and comments from the sessions.

**Data**

Attendance total: 19
- 9 patients
- 10 friends/family

**Conclusion**

The success of this project demonstrated that inter-organisational collaboration between the hospice renal service and the hospital renal service enhanced the delivery of information, promoting fully informed patient-centred decision making.

**Comments from sessions**

- Very well explained
- Clear explanation of options
- Informative
- I wasn’t aware there was more than one option
- Well balanced with all topics discussed

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**References**


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