



The experiences of rural residents in choosing to have dialysis in a hospital setting



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Background: Chronic Kidney Disease is a worldwide public health problem often resulting in the need for life sustaining renal replacement therapy. NSW Ministry of Health have benchmarked 50% of all dialysis patients should be using home based therapies as their renal replacement therapy. Why do rural residents who require dialysis choose hospital based over home-based dialysis? This study describes this lived experience of people living in rural New South Wales who have chosen to dialyse in a hospital setting.

Method: A qualitative approach of descriptive phenomenology, the collection of data from individual interviews with sixteen participants who undergo haemodialysis in the Orange, Bathurst and Forbes Dialysis Units was analysed using Colaizzi's method.

Results: There were four emergent themes that described this lived experience: Diagnosis and Facing Dialysis, Deciding on a Dialysis Option, The Hospital Dialysis Experience and The Home Dialysis Experience-Real or Virtual.

Conclusion: The complexity of the lived experience of choosing a dialysis option was highlighted by the physical, psychological and social aspects of living with a chronic disease and needing life sustaining treatment. Evidence that patients and their families need more support especially during the pre-dialysis stage was apparent. While most participants described their preference to dialyse in a hospital setting as it best suited their physical and emotional needs, there was evidence that not being able to train for home haemodialysis in Orange was a major barrier to the consideration of this home based option.

Implication for Practice: Enhance pre-dialysis support with the services of a Renal Social Worker and increase the possibility of patients choosing home haemodialysis by having an option to train in Orange instead of Sydney.

For the full report on this project visit our website, follow the link to the Rural Research Capacity Building Program and click on 'view completed projects'

Michelle is a Clinical Nurse Consultant for the renal network of Orange, Bathurst and Forbes. She has a BN with Distinction, GDipHlthAInfSys and GradCertAcuteCareNurs (Renal). Michelle is passionate about her role with special interest in the areas of pre-dialysis and dialysis access.

