Kidney Health Education Series for Patients on Dialysis
Rachel Skains and Arianne Morrison
NC Albert Schweitzer Fellows 2015-2016

Established a health wellness program for individuals on hemodialysis in Winston Salem, NC to increase quality of life, health literacy and mental health.

Encouraged health and wellness discussions between dialysis patients and healthcare providers at multiple dialysis centers.

Ensured long-lasting systems change by incorporating health education into the daily formal programming of two dialysis centers.

Services Provided

Developed 6 relevant health education videos each being five to ten minutes in length:

- Kidney function
- Medications
- Treatment options
- Dialysis diet
- Mental health
- Patient advocacy

Created health notebooks and surveyed patients’ health literacy, quality of life and mental health via questionnaires.

Outcomes

Increased the capacity of two dialysis centers to educate and empower patients to take charge of their health and improve their quality of life.

Sustainability

Developed 6 engaging health education videos and posted on YouTube for easy accessibility

Implemented patient-based viewing of the videos to facilitate a personalized approach to health needs:

- Rounding physicians “prescribe” specific videos as needed to be viewed on individual iPads and discussed with social workers.

Employed center-based distribution:

- Loop the health videos on TV DVD 1-2x daily during periods of highest occupancy of patients in the lobby.

Purpose

Services Provided

Chapters

1. Kidney Function
2. Medications
3. Treatment Options
4. Dialysis Diet
5. Mental Health
6. Patient Advocacy

www.schweitzerfellowship.org  704-895-6506