Introduction

This presentation, delivered at Advances in Dialysis 2010, was a tribute to our friend and colleague, Barb Prowant. This presentation outlines the challenging environment in which we care for patients on dialysis as well as potential solutions that focus on the individual patient. Solutions start with us, as healthcare professionals, and must focus on one patient at a time! Barbara had that focus and was committed to the provision of high quality care.

Follow Barb’s legacy.
A Tribute to Barbara Prowant

Multi-Tasking – The Dialysis Nurse
as a
Thought Leader
Researcher
Educator
Evidence-Based Clinician
Daughter & a Nurse

Also,
wife, mother, friend, community leader . . .
Nursing

- Protection, promotion, and optimization of health and abilities
- Prevention of illness and injury
- Alleviation of suffering through the diagnosis and treatment of human response
- Advocacy in the care of individuals, families, communities, and populations

American Nurses Association. 
Nursing’s Social Policy Statement, 2003
Assessment and Care Planning Process: One Patient at a Time

Assessment → Diagnosis → Desired outcome → Plan of care → Implement plan → Evaluate

Achieved desired outcome?

Yes

No
Scope of Nephrology Nursing
Clinical Practice

- Blood Pressure
- Glycemic Control
- Anemia
- Bone Metabolism & Disease
- Fluid Balance
- Congestive Heart Failure
- Nutrition & Metabolic Control
- Dyslipidemia, Cardiovascular Disease Risk
- Residual Kidney Function
- Skin, Mucous Membrane Integrity
- Bowel Function
- Adequacy
- Vascular Access
- Treatment Complications
- Infection Control
- Coping
- Family Process
- Sleep
- Sexual Function
- Self-Management Rehabilitation
- End of Life Care
- Patient Education for Treatment Selection
PATIENT EDUCATION

- Modality options
- Treatment/vascular access
- Medication regimen
- Laboratory values
- Preventive health practices
- Complications
- Self-Management strategies
All is not well!
New Dialysis Patients Exceed 110,000

Total Dialysis Population to Reach 800,000 by 2020

Nearly 50% of New Patients Have Diabetes

Incidence of Diabetes in General Population Skyrocketing

Adjusted for age, gender, race

USRDS 2009 ADR
Dialysis Mortality Rates Have Fallen, but Remain Unacceptably High

Prevalent dialysis patients; adjusted for age, gender, race, primary diagnosis. Dialysis patients, 2005, reference cohort.
Dialysis Mortality is Many Times Higher than the General Medicare Population


USRDS 2009 ADR
ESRD Patients Hospitalized Twice/Year: Cardiovascular Disease and Infection

Period prevalent ESRD patients; rates adjusted for age, gender, race, primary diagnosis.

USRDS 2008 ADR
We Are Not Meeting Evidence-Based Targets

Percent of Patients Meeting All 8 Clinical Indicators by Network (source: Elab 2008)

Targets: Hb, TSAT, Ferritin, URR, Kt/V, Albumin, Ca, P
In addition . . .

Soon to be Added

- Vascular access
- Infection
- Fluid weight control
- Quality of life
- Pediatric measures
In addition . . .

**Soon to be Added**
- Vascular access
- Infection
- Fluid weight control
- Quality of life
- Pediatric measures

**Meaningful Measures**
- Care coordination
- Pain
- Depression
- Activities of daily living
- Self management
- Satisfaction with care
- Immunization
Real World Nephrology Nursing

- Supervising Technicians
- Changing Gloves
- Machine Set Up
- Cleaning Everything
- Blood Pressure
- Temperature
- Weight
- Passing Medications
- Administering EPO
- Administering Vit D
- Administering Iron
- Treating Hypotension
- Water Safety Checks
- Billing Documentation
- Reviewing Lab Results
- Order Lab Tests
- Administering EPO
- Administering Vit D
- Supervising Technicians
- Scheduling Patients
- Supervising Technicians
- Scheduling Staff
- Reviewing Patient Progress
- Developing/Updating Plan of Care
- Physician Rounds
- Calling Consults
- Hospital Discharge Summaries
- Calling Consults
- Data Entry for ESRD Network
- Data entry for Crown Web
- Addressing PT Complaints
- Answering Questions
- Catheter On-Off
- Data entry for Crown Web
- Reviewing Patient Progress
- Talking to Doctor
- Calling Pharmacy
- Scheduling Patients
- Data Entry for ESRD Network
- Data entry for Crown Web
- Addressing PT Complaints
- Answering Questions
- Catheter On-Off
- Reviewing Patient Progress
- Talking to Doctor
- Calling Pharmacy
- Scheduling Patients
“…they’re usually putting someone on, or taking them off, or else they’re doing reports . . . you could have several dialysis sessions and they wouldn’t come sit down and have a chat…The odd one might . . . if you felt weak or sick or if the machine started beeping”

(Adapted from patient interviews)

The ‘Dialysis’ Perfect Storm

- Dialysis population to exceed 800,000 by 2020
- Obesity epidemic will increase patient acuity
- Average RN > 50 years old
- RN programs unable to produce enough new nurses
- Reimbursement impacts dialysis facility staffing
- Pressure to do more with less will only increase
- Pay for quality will drive processes and documentation!
Best Practices: 60% of Recommendations
Focus on Nursing!

- Nurses must be highly proficient in patient education:
  - Vascular access
  - Fluid management
  - Nutrition
- Communication and teamwork is critical
  - Team nursing
  - Communication books
  - Shift transition
- Match nurse cultural & language background to patient culture and language

155 Opinion Leaders

Standards of Practice Can Help Us

- Assume proactive approach to patient care
  - **Listen** to patient and family
  - Train yourself to notice patient clues: listen, look, touch
  - Build on the pieces – keep the big picture in mind
- Create an environment conducive to professional nursing
  - Set a tone of commitment, enthusiasm, life long learning
  - Collaborate and communicate
  - Replace tasks with caring
  - Staffing is what it is – it will not get better
- Make good use of ancillary staff: educate, train, coach, mentor
What Little Things Can You Do to Make a BIG DIFFERENCE?
Practice Professional Nursing: One Patient at a Time

- Greet patients by name: observe gait, breathing, skin color, hair texture, facial expression and attitude. Do a quick visual assessment.

- By all means, “Get ‘em on and get ‘em off” as you must
  - Add one 15-minute conversation with a patient each day
    - How is Mr. Jones is doing since returning from the hospital…
    - How is Mrs. Marple’s left hand; is her grimace due to pain…
    - Ask PCTs what patients have told them; teach PCTs the clues!

- Talk with the team about findings and plan
  - Include PCTs, nurses, docs, dietitian, social worker, and patient

- Repeat each day! An average sized unit of 100 patients – one nurse, 15 minutes per day
  - Everyone has at least one meaningful conversation with RN Q 3 mos
Reflect on your own professional development
Are You the Nurse You Planned to Be When you Graduated?

- What happened?
- No one gets up in the morning and plans to do a bad job
  - What barriers to good nursing care can you change?
    - Let go of what can not be changed!
  - How can you improve nursing care in your facility?
  - How can you improve your facility and your job?
- One patient at a time
Barb Prowant made enormous contributions to Nephrology Nursing

- She took excellent care of patients
- She contributed to nursing science through research
- She published her findings to improve quality of care
- She volunteered on professional boards and committees
- She collaborated with colleagues to bring us ADC conference
- She engaged in life-long learning and encouraged others
- She was a sincere and dedicated colleague

Follow Barb’s legacy
Only Individually Can We Change Nephrology Nursing Practice

One Patient at a Time!