

Abstract

Patients with chronic renal disease commonly have elevated serum phosphorus levels, which is associated with increased morbidity and mortality due to its effects on the cardiovascular and musculoskeletal system. This is known as hyperphosphatemia, which occurs with renal disease due to the kidney's decreased ability to excrete ingested phosphorus. The effects are significant due to cardiovascular disease being one of the leading causes of death in end-stage renal disease (ESRD), thus making phosphorus management an important goal. The objective of this project is to ascertain the effectiveness of motivational approach to improve adherence of adults undergoing outpatient hemodialysis to phosphorus management.

Adults over 18 years old with a 3-month phosphorus average higher than 5.5 mg/dl were included, while those with normal results in that time span were excluded. A one month motivational and educational intervention was done for each individual participant. Quantitative study was done to determine the significance of changes from interventions. Outcomes were measured through serum phosphorus level, patient knowledge, and adherence to phosphorus management. Results were obtained from the dialysis clinic's electronic health record (EHR). Results were processed with T tests, which gained statistically insignificant results. This project, overall, improved the participants' motivation and understanding regarding phosphorus management. Long-term motivational interventions could improve phosphorus control.