

## #1281 - Effect of self-care behaviors intervention on adherence of diet in patients with Chronic Renal Failure

نویسندگان و عناوین

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متن

### **Abstract**

**Introduction:** Chronic Renal Failure is a condition that requires both lifestyle and knowledge modification in order to acquire and apply skills that will enable effective self-care activities on a long-term basis. The aim of this study was to determine the Effect of self-care behavior intervention on adherence of diet in patients with Chronic Renal Failure.

**Methods and materials:** This investigation was a random controlled clinical trial study on 60 Chronic Renal Failure patients admitted to Imam Khomeini Hospital at Ardebil. They diagnosed that 30 up to 70 years old participants are afflicted with Chronic Renal Failure; randomly divided them in 30 people of case group and 30 people of control group. The questionnaires were composed of socio-demographic status and self-care behaviors. P

**Results:** our study showed that self-care behaviors intervention was significantly associated with diet adherence (P=0.003).

**Conclusions:** In this sample, Chronic Renal Failure clinical protests was related to better diet adherence, diabetes knowledge as a cause of Renal Failure and improved self-care behaviors. Emphasis on self-care behaviors intervention is relevant to improve outcomes in the management of Life style.

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**Key words:**Chronic Renal Failure; Self-care; Adherence of diet.

منابع

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