

## **Supporting PD-patients' management at home**

**Background:** PD-patients need a lot new skills and information in a short period of time. Patients need time to adjust to new information, master new skills and make lifestyle changes. Patient respond varies from person to person. Using a mixed media approach often works the best.

**Goal:** Find modern methods of teaching patients to ensure better survival at home.

**Methods:** Improving teaching tools we designed the contents for tablet e.g. photos, videos and text about PD and nutrition. There was step by step instructions of CAPD and APD; how to load the machine, start the treatment etc. The material was produced by ourselves working close together with dietician and Baxter company.

Patients (N 13) used the tablet in the training week, or already before it, and became familiar with the content. After the training they got tablet at home, so they could return to the topics. One patient used the tablet to make his wife to understand the treatment.

Tablets aren't just for patients. We designed them for nurses in wards as well.

**Results:** 10 patient gave feedback after using a tablet at home. They were positively influenced to take better care of themselves after watching teaching material from tablet. Patients reported that tablet was easy to use, even to them who had no experience of computers. Content of the tablet was illustrative, useful and added patients' sense of security. All the patients could recommend the use of tablet to the others.

Nurses (N 11) felt that the tablet was very useful and helped taking care of patients. Information in the tablet was beneficial and it was easy to use. It replaced the "short guide book" . All nurses (N 12) recommended this kind of education to the others.