

## **IMPACT OF A DESIGNED SELF-CARE PROGRAM ON SELECTED OUTCOMES AMONG PATIENTS UNDERGOING HEMODIALYSIS**

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### **ABSTRACT**

Self care program empowers patients to move toward their self-care abilities. The aim was to evaluate the effect of a designed self-care program on selected outcomes among patients undergoing hemodialysis. Quasi-experimental design was chosen to conduct study. Results, there were high statistical significant differences in the total mean scores of knowledge, Nottingham scale and total practice of the patients in the study group compared to the control group and compared to their own baseline in the post and follow up periods. Conclusion, the designed self care program was effective for improving patients' knowledge, practice and level of dependence of hemodialysis patients.

**KEYWORDS:** Hemodialysis, Knowledge, Nottingham DLA Scale, Practice, Self Care Program