A study to assess the effectiveness of preparatory information booklet on knowledge regarding lifestyle modifications among patients on hemodialysis in Vijaya Hospital, Nellore.

Abstract: The study aims was to assess the effectiveness of preparatory information booklet on knowledge regarding lifestyle modifications among patients on hemodialysis and to identify the relationship between the knowledge level and socio demographic variables of patients subjected to hemodialysis. The quantitative research approach and descriptive design was adopted for the study. The study was conducted in selected hospitals in Nellore. 40 patients were selected by using non probability convenience sampling technique. Structured questionnaire method was used to collect the information from samples. Data analysis done by using descriptive and inferential statistics. The pretest results revealed that 32(80%) were having inadequate knowledge; 8(20%) of them had moderately adequate knowledge and 0(0%) of the subjects were having adequate knowledge. The post test results revealed that the majority of the subjects 40 (100%) had adequate knowledge and 0(0%) of the subjects were having inadequate and moderately adequate knowledge.

The study concluded that the preparatory information booklet is effective in improving the knowledge of patients regarding life style modifications.

Key words: Knowledge, Lifestyle modifications, Hemodialysis.