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Theme : Rehabilitation, Quality of Life and Survival

## **4 Rs in Renal Rehabilitation**

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Patients with End Stage Renal Failure (ESRF) on peritoneal dialysis (PD) can be managed as a rehabilitation process. The management of patients psychosocial aspect is as important as the technical empowerment in peritoneal dialysis training. The Renal Unit, United Christian Hospital, Hong Kong had the number of PD patients increased from 127 in 1996 to 410 in 2006. The 4 R rehabilitation approach used by UCH were: Reablement, Readjustment, Role fulfillment and Realization of potential in every aspect of life. Reablement: During the acceptance stage of ESRF, patients were encouraged to re-able themselves. Both Continuous Ambulatory Peritoneal Dialysis (CAPD) and Automated Peritoneal Dialysis (APD) were tools for patients to re-establish their health status. Pre-dialysis education programme and counseling were organized to provide patients the necessary information, to mobilize the necessary social resources and to tackle the emotional issues in the loss of renal function. Readjustment: During the implementation of PD treatment peritoneal catheter insertion and CAPD / APD technique education, patients were advised to re-adjust in their life style living with renal failure. Role Fulfillment: Patients were encouraged to resume their usual role that they used to play before dialysis. Activities like patient sharing program, home-visit-by- patients program were developed to encourage the sharing between new and experienced patients. Self Realization: After the commencement of dialysis, patients were encouraged to realize their potential and were invited to participate actively in our Community Rehabilitation Program and in activities organized by our Patient Support Group. With the 4R approach, we were able to build up effective patients winning various competitions and achieved a peritonitis rate of 1 in 41.74 patient-months for the year 2005 as compared with the overall peritonitis rate of 1 in 29.16 patient-months in PD patients in Hong Kong (p=0.00).