**Anemia Management in the Hemodialysis Patient: What Part Can the Patient Play?**

**Problem Statement**

Lack of knowledge in the hemodialysis patient can lead to poor anemia management outcomes (Nobahar & Tamadon, 2016). Many patients suffering from anemia do not know whether they have a role to play in the management of their condition, creating a gap in the healthcare management protocols. Furthermore, it is evident that there are no properly laid down procedures of communicating proper behavior among patients undergoing hemodialysis for kidney failure or problems (Freburger, Ng, Bradbury, Kshirsagar, and Brookhart, 2012). Patients also lack knowledge on the association of hemodialysis, kidney failure and anemia to practice preventive mechanisms to aid their plans of care.

**Plan**

This project plans to educate the hemodialysis patient about what anemia management is. It also addresses why it is important to come to treatment; why it is important to keep themselves healthy and free of infection; as well as what part good nutrition and bone health plays in their anemia status problems (Freburger et al., 2012). The current healthcare management protocols require wholesome care to be administered to the patient, making the patient an important component of the treatment plan. Some behaviors that the patient may indulge in may aggravate the state of anemia without them knowing. As such, it is important to involve anemic patients under hemodialysis in the plan of care through patient and education and health promotion (Locatelli et al., 2004). For instance, the patients should be aware of what anemia is and the specific type of anemia they are suffering from. Of significance is letting the patients understand that anemia occurs as a result of low hemoglobin levels in their blood (Frankenfield et al., 2000). With such knowledge, it is easy to let the patients understand the course of action on their part with important practices such as appropriate diet which increases the ferritin levels in their blood for the synthesis of hemoglobin (Coladonato et al., 2002). Furthermore, the patients may be encouraged to engage in active exercises and avoid behaviors that would aggravate their anemia conditions under dialyses such as smoking and alcohol consumption.

**Goal**

The goal of this project is to create informed hemodialysis patients that can take an active role in their health and anemia status thus helping to meet their goals of good anemia management (Silverberg et al., 2000). By so doing, the project will create a possibility of improving the quality of care through patient involvement in anemia management.

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