Positive impact of patient gatherings in home therapies

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Background

Pre COVID pandemic, we ran successful coffee mornings where home therapy patients, families and friends could meet other people going through a similar experience to them. During pandemic, this was stopped, patients felt more isolated, and this affect their mental wellbeing.

Aim

We identified that for many patients' social interaction is particularly important. As home therapies nurses, we recognise that the patient gatherings are a valuable source of patient social interactions, so we decided to resume these gatherings.

Method

- Social gatherings are organised away from the hospital, when possible, for home therapy patients and their families.
- Held 2-3 times a year, with activities like bingo, quizzes, or dancing.
- Light refreshments provided by nurses using charitable funds.
- Invitations sent in advance to all patients and those about to start home therapy or transplant recipients.
- Patient information leaflets available at each event.

Results

9 Patients gatherings

Positive written feedback forms distribute, with 100% satisfaction.

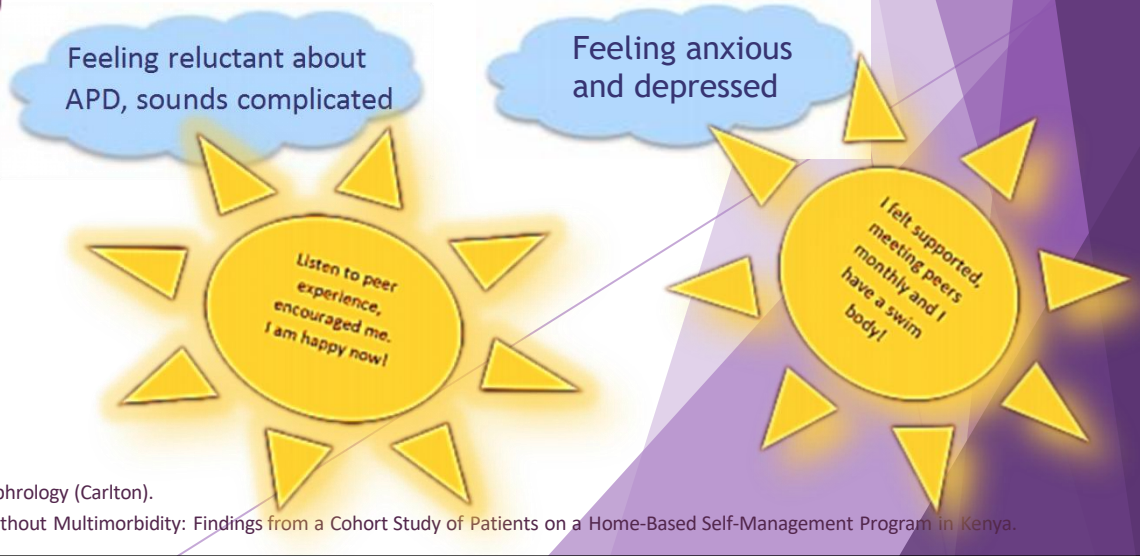


Gatherings arranged around topics suggested by patients, not nurse lead sessions.

Some patients offer to become as peer support for others

Discussion

Not all home therapy patients attend due to work, family commitments, travel issues, or personal preference. We recognise social interaction is not for everyone and aim to explore alternatives. While support groups are common in other long-term conditions, resources for home renal replacement therapy are limited. Evidence shows these support models improve outcomes, quality of life, and reduce healthcare costs and pressures.



Conclusion

Patients who attend the gatherings often thrive on therapy, gaining knowledge, confidence, and a more active role in their care. A natural buddy system has formed, offering valuable peer support—especially for carers. This empowerment leads to better adherence to shared care goals and more informed self-management. Information for home dialysis patients remains limited, making these events even more important.

References: Nearhos J, et al 2013. Psychological factors associated with successful outcomes in home haemodialysis. Nephrology (Carlton).
Otieno P, et al 2023. The effect of Patient Support Groups for Hypertension on Blood Pressure among Patients with and Without Multimorbidity: Findings from a Cohort Study of Patients on a Home-Based Self-Management Program in Kenya.