



Self Support Group for Chronic Renal Failure Patients

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Authors' contributions

This work was carried out in collaboration between both authors. Both authors read and approved the final manuscript.

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ABSTRACT

Self-support groups bring the patients together who is suffering from the same kind of disease conditions or problems or illnesses to share their experiences. Chronic renal failure patients and other illness support groups are a growing need in many communities.

When planning for the management for CKD (Chronic Kidney Disease) patient, if involve the patient or patient is participating actively, it will help in effective management of chronic kidney disease.

It may aid in the patient's prognosis and can be postponed in part by self-management. Self-management of Chronic Kidney Disease is complicated due to the progressive nature of the condition and its progression. The management of Chronic Kidney Disease by a self-help group is difficult to assess, particularly over time. SMS (Self-Management Support) is important for this progressive disease because of the special nature of Chronic Kidney Disease self-management. SMS stands for the programmes that health-care providers provide to their patients in order to help them better control of their health. Dissemination of health information, patient education, telephone support, and participation in a support group are all part of you.

Keywords: self support group; chronic renal failure and patients.

1. INTRODUCTION

Chronic Renal Failure (CRF), occurs when kidneys are unable to remove the waste products and toxins from the blood or body. Due to that kidney fails to maintain fluid and electrolyte balance in the body [1]. To manage this condition patients require not only the information related to medication and other treatment, but it also need everyday planning. So the participation in peer group can help to learn more and manage about the day-to-day difficulties.

Patients with chronic kidney disease or chronic kidney failure must, in particular, be able to control themselves by taking appropriate medications and using lifestyle changes (e.g., diet, fluids, exercise, smoking, alcohol). Self-control is difficult at this level, it needs help; however, not all people want the same type or the same amount of help. People with Chronic Kidney Disease are rarely asked for the help they need to manage their condition properly. Human-centered care, on the other hand, requires the involvement of the patient as an active participant in their care (i.e., patient involvement) and the treatment of the patient's preferences and needs. This method of care has been identified as a visible indicator of service quality and can help patients achieve the best possible results. Personalized care and patient involvement were lazy to be drawn into the field of nephrology; however, the power of individual-centered care to supplement the evidence-based practice of providing health care for patients with Kidney Disease (CKD) is becoming increasingly popular. Self-regulation programs / interventions for chronic kidney disease can improve symptoms / problems, disease information, self-care knowledge, skills, and behaviors, and overall health-related quality of life [2].

Self-management is crucial in preventing and slowing the progression of chronic kidney disease. Patients with chronic kidney disease, on the other hand, may have few or no subjective symptoms, making self-management unnecessary. For this reason, effective support and self-regulation in chronic kidney disease patients is required [3].

Peer support and other social interventions have been closely linked to efforts to improve patients' self-regulation and to improve health care outcomes in chronic illness. In North America,

peer support with these goals has been enthusiastically embraced, and similar trends can be seen in UK health policy [4].

Chronic Renal Failure is a chronic condition, in this condition patients physical, mental and psycho-social life effects some or other way, client require continues treatment such as pharmacological and non-pharmacological management. Other than treatment, they are need of self-care and support from the family, friends, caregivers and others. Therefore the investigator wants to develop a group of people, which include chronic renal failure patients and caregivers, in which they can discuss their problems; share their feelings and some extent they can solve their problems with the help of their own group i.e. Self Support Group (SSG).

2. Self- Support Group

Self-help groups, also referred to as mutual aid, mutual aid, or support groups, are groups of people who help one another. A common issue, such as a disease or addiction, brings members of a self-help group together. Their common goal is to help one another deal with the problem and, if possible, heal or recover from it [5].

A self-help programme or group can help with knowledge acquisition, encouraging patients to take a collaborative and active participation in disease management, reinforcing individualized psychological support systems, and improving medication adherence [6].

The self-management hypothesis states that health professionals must address the concerns people living with the disease believe they have: to share responsibility for treatment decisions with patients this requires by health professionals [7,8].

In order to effectively manage chronic kidney disease, which is a long-standing, frustrating, often irreversible and progressive disease, active patient participation is essential. Self-management may help to delay progression [9].

The chronic renal failure patients need self-management for the improvement of their conditions, self-management support provide those programmes provided by health care providers to help patients better control patients

health. Contains the provision of health records, patient education, telephone assistance and support group support, among other things [10].

Most self-help programs for non-profit, non-profit organizations are available to anyone with a similar need or interest; however there are emerging groups that prefer different groups of people. Typically, peer-led groups have an informal structure and are unstructured. Professionals of different kinds, on the other hand, lead certain self-help classes [11].

Support groups bring together people who are experiencing or have experienced comparable situations. For example, a cancer patient, someone with a chronic disease, someone who is addicted, someone who has lost a loved one, or someone who is caring for someone else.

For many people, a health-related support network can close the gap between medical care and emotional support. The person's emotional relationships with doctors and other medical professionals may be inadequate, and the effects of illness or treatment may be unknown to family and friends. A support group made up of people who have gone through similar situations can be helpful [12].

Peer-support groups help people with health issues by providing advocacy, support, and education. For persons with disabilities, they are run or led by individuals with disabilities. Although an increasing number of online groups are broadening access to help, peer support groups are primarily meeting-based and meet on a regular basis [13].

A self-support group is a gathering of people or families who are dealing with common issues or disorders about which medical science does not have definitive answers. The therapy is not well described in any of these cases, and each patient reacts differently at various stages of life. Typically, treatment for these issues does not end with the quick administration of medications or other forms of treatment. In certain cases, the disease worsens with time, and the doctor is not always around to deal with basic, day-to-day problems [12].

People, patients, and friends form groups and meet on a regular basis to share their experiences with the improvement or worsening of the person in question, as well as to try to help each other handle it. These organizations

provide both emotional and practical assistance. These groups assist patients and their families in developing coping strategies by sharing knowledge [12].

2.1 Structure of Self-Support Groups

A nonprofit advocacy organization, institution, clinic, hospital, or community organization can provide support groups. They could also be run entirely by community members or peers, without the involvement of any organization.

Face-to-face gatherings, teleconferences, and online forums are all popular formats for support groups. A participant who shares or experiences a common group experience usually leads a support group, although a skilled facilitator such as a nurse, social worker, or psychologist may not lead it. Educational options, such as a visit to a visiting physician, can be included in specific support groups [12].

2.2 Types of Self-Support Group

- ❖ Self-help groups or self-support group come in all shapes and sizes, from small, informal gatherings of two or three people to big, coordinated organizations with a national presence. The following are some of the most popular self-help group models:
- ❖ *Twelve Step Groups* – This famous form of self-help group was formed by Alcoholics Anonymous (AA), which was founded in 1935. The 12 steps serve as a roadmap for overcoming alcoholism, opioid abuse, and other addiction-like habits [13].
- ❖ *Online Groups* – In the self-help movement, online support groups are becoming increasingly common. Chat rooms, forums, and closed social networks are examples of these types of communities. One advantage is that they have assistance 24 hours a day, seven days a week. A professional can moderate online groups on occasion, particularly during specific planned discussions, but the vast majority are organized and run by peers.
- ❖ *Traditional Support Group* – Typically, these support groups meet in a neighborhood meeting room or another

public location. They deal with a number of mental illnesses, including bipolar disorder, anxiety, depression, and personality disorders, among others. A typical face-to-face support group provides a secure environment in which to do so [14].

- ❖ *Self-help groups:* Members of such a community, which include patients, friends, and caregivers, vigorously support it. They encourage members to meet regularly, either at a member's home or at a prearranged location, such as a hospital or school.
- ❖ *Professionally supported groups:* physicians, social workers, psychologists, counselors, or religious organizations run these, unlike the ones mentioned above. Hospitals, medical schools, research institutes, and charitable health centers are popular sites for such gatherings [15].
- ❖ *Peer support:* Experiential experience of a new facilitator who has been trained. Have to participant in a party, an association, an educator, an advocate, and an advisor [16].

2.3 Benefits of Self-Support Group

A patient support group is a group of people who have the same disease or disorder and meet on a regular basis to share support and talk about how to best cope with their illness. Attending a patient support group may be one of the first steps toward accepting and acknowledging the conditions and symptoms of kidney disease. There are numerous advantages to learning:

- Support groups provide a place to share common concerns and issues.
- Support groups provide valuable information example research, new medications and treatment options
- Coping skills are learned in support groups. Groups may provide members with knowledge and guidance that can help them deal with the symptoms of kidney disease.
- Support groups provide emotional support to help people feel less alone [12,17].

Members of a support group also share similar thoughts, concerns, life challenges, treatment

decisions, and treatment side effects because they have shared experiences. Participating in a group helps you to spend time with others who are likely to have similar interests and communicate well.

- Having less feelings of isolation, alienation, or judgement
- Talking freely and frankly about your thoughts
- Minimizing pain, depression, anxiety, or fatigue
- Improving problem-solving abilities
- Maintaining motivation to handle chronic illnesses or adhere to treatment plans Gaining a sense of empowerment, control or hope
- Learning about health, economic, or social resources
- Increasing your knowledge of an illness and your personal experience with it
- Expressing your thoughts frankly and honestly
- Having a better understanding of what to expect in your situation
- Receiving valuable information or advice on care choices
- Comparing notes on services such as physicians and other alternatives

Self-help groups offer a unique type of support based on shared awareness and personal experience among members. They have the potential to be a useful tool in helping people manages chronic disease and its consequences [18].

People who join illness-related peer-support groups often handle their chronic illnesses better, according to a recent study.

- improved health outcomes as compared to those who depend exclusively on medical procedures
- increased trust in people approaching or undergoing care, as well as better

access and exposure to additional health services

- Peer-to-peer support networks are a low-cost approach [19].

Treatment requires more than just routine medical diagnosis, hospitalization, and drug prescriptions. Patients seek clinical care and guidance from their physicians when they are sick, as well as support from family members, friends, and fellow patients. This is true for patients with genetic disorders as well. They, too, face complexities and problems that necessitate the assistance of a network of professionals, relatives, and friends [20].

2.4 Role of a Nurse in Self Support Group

- **Caregiver:** Nurses are important in caring for patients with chronic illnesses, and they are considered to be the foundation for maintaining and promoting their health. Nurses must provide nursing care to encourage individuals, families, and communities to participate in self-care activities that increase self-esteem, personal responsibility, health promotion and health promotion. On the other hand, this role has a significant impact on chronic patient health promotion. Nursing consultation benefits patients by improving their quality of life, satisfaction, awareness, and adherence; preventing and reducing distress, stress, anxiety, and complications; lowering costs and readmission; and preventing disease progression and mortality [21].
- **Educator:** Patients and their informal caregivers must be well informed about treatment options, choices, and associated risks and benefits before they can fully participate in shared decision-making processes. As a result, patients should be able to obtain patient-centered, accurate, and up-to-date health information in order to make informed decisions [22]. Patients want to be more involved in their own treatment, but there is a wide range of patient knowledge and familiarity with medications. Many patients may search online on medications or watch drug commercials on television before coming to the doctor with questions. Others pay attention to their doctor during an office visit, but quickly forget what he or she says about their treatment.
- Nurses can play a key role in provide ongoing education and training about a prescribed therapy long after the patient has left the doctor's office, and they are the ideal resource to assist patients with important lifestyle management goals in this intermediary role [23].
- **Advocate:** As advocates, nurses must inform patients about the resources and tools available to help them achieve better health outcomes. By expanding their knowledge of Patient Support Groups and other community services, nurses can empower patients to enhance self-management of their health. Patients should be informed that their experience may differ from that of others, and that any concerns they have should be discussed with the healthcare staff. In addition, patients should be aware of the possibility of receiving correct information on the Internet or from other patients, as well as the importance of checking with their health care team if they have any questions or concerns. Nurses and patient support groups can work together in a variety of ways, including sharing their expertise at a patient group meeting, serving on the patient support group board, serving as a facilitator review material with the patient support group, and inviting patient support teams to the nurse's conference [24].
- **Rehabilitator:** In today's industrialised society, with the growth of communicable and non-communicable diseases, rehabilitation is vital in healthcare to preserve the residual activities of persons suffering from such illnesses. The major components revolve around developing a positive attitude toward people, providing opportunities for education and training, providing rehabilitative services, providing long-term facilities, preventing the causes of disabilities, monitoring and evaluation, generating micro and macro income, and empowering people through social mobilisation possibilities via empowerment, advocacy, negotiation, political participation, language, communication, and self-help groups -a greater understanding of civil rights and responsibilities, as well as the benefits of policies and programmes, and the ability to file grievances [25].

3. CONCLUSION

Support groups offer a safe environment for people to discuss shared problems and issues. Individuals who have had similar experiences will inspire and help those in the community. In chronic diseases, the management of disease involves investigations, hospitalization, invasive and non-invasive procedures and prescribed medications. Out of this patients need time to time help and advice from physicians, and support from caregivers, family and peers. However in self support group or patient support group it enhances the communication skills with caregivers and health professionals, it also gives opportunity for self expression and social support.

CONSENT

It is not applicable.

ETHICAL APPROVAL

It is not applicable.

COMPETING INTERESTS

Authors have declared that no competing interests exist.

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