



KDIGO Workshop on the Nurse's Role in Managing the Symptoms of People Receiving Dialysis

December 4, 2023

Rome, Italy

Scope of Work

Kidney Disease: Improving Global Outcomes (KDIGO) is an international organization whose mission is to improve the care and outcomes of kidney disease patients worldwide by promoting coordination, collaboration, and integration of initiatives to develop and implement clinical practice guidelines. Periodically, KDIGO hosts workshops that are designed to develop and discuss practical strategies for improving patient care and outcomes.

Nephrology nurses have a pivotal role in the multidisciplinary assessment and management of symptoms experienced by people receiving dialysis. In the KDIGO Controversies Conference on *Symptom-Based Complications in Dialysis*, participants developed foundational principles for identifying and managing symptoms in this population. Among these was the importance of eliciting patient experiences and perspectives to best prioritize management of symptoms.

Carrying the foundational principles forward, KDIGO will hold a 1-day workshop to collaboratively develop and recommend processes for articulating the important role of nurses in capturing and managing dialysis-associated symptoms. The workshop will include nephrology nurses, dialysis patients, and nephrologists from multiple countries, as well as representatives from dialysis providers.

Discussion will focus on addressing symptoms resulting from kidney failure and dialysis treatment, with emphasis on the symptoms of itch and fatigue. Consideration will be given to regional differences and resource availability. Strategies for overcoming barriers such as cultural bias or for meeting educational needs will be described.

Topic 1: Strategies for Identifying Symptoms

- a) What do patients experiencing symptoms want from nurses?
- b) How should symptom assessment and prioritization be incorporated in nursing care? When, where, and how? With what frequency?
- c) What are the nursing considerations specific to people receiving home dialysis?
- d) What communication strategies and approaches can nurses use?



- e) Is there a role for structured peer support?
- f) What education do nurses require for assisting in meaningful symptom identification?
- g) What are the barriers for nurses and patients in identifying symptoms in maintenance dialysis?
- h) What are the cultural issues around patients reporting symptoms?

Topic 2: Patient-Reported Symptoms Identified: What Next?

- a) How should assessment information be documented and shared among multidisciplinary team members?
- b) What nurse-led strategies (for example, PROMs) can be used for evaluating whether implementation has occurred and been effective?
- c) What are appropriate reassessments, and how often should they be done?
- d) What is the nurses' role for advocating for improvement, if needed, within their departments/centers/institutions/dialysis providers?
- e) Is there a role for advancing nurses' practice responsibilities to address gaps in symptom management?