

Occupational Therapy Toolkit

Renal Disease - End Stage (ESRD)

Functional Limitations:

ADL, IADL, work and leisure impairment
Functional mobility impairment
Impaired UE strength
Limited activity tolerance and endurance
Knowledge deficit
Other symptoms and conditions - diabetes mellitus

Occupational Therapy Intervention:

ADL, IADL, work and leisure training including but not limited to...
Recommend and/or provide adaptive equipment

Instruct in energy conservation techniques with application to ADLs

Reinforce instructions regarding care and protection of access site and extremity

1. Do not sleep on your access or that side of your body.
2. Wear clothes that are loose fitting at your access - sleeves, collars, waistbands, and pant legs.
3. Do not carry heavy objects on your access arm
4. Blood pressure, IV medications and injections should not be given in the same limb as your access.

Provide UE therapeutic exercises and activities to improve strength and endurance
Instruct not to exercise if dialysis has been missed

Assist in developing self-management skills (effective communication, positive coping strategies, stress reduction, physical activity and exercise, medication management, healthy eating, and making informed decisions about medical and alternative treatments)

Educate patient and caregivers about kidney disease, the availability of community resources and encourage participation in support groups

Patient Education:

1. Upper Body Strengthening and Stretching Exercises
2. Hand Strengthening Exercises
3. Energy Conservation Principles
4. Energy Conservation with Self Care Activities
5. Energy Conservation with Meal and Home Management
6. Stress Management and Relaxation Techniques