

# Exploring Significant Others Provide Helping Relationship for Mid-adulthood Diagnosed with Early-stage Chronic Kidney Disease

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## Background and Significance

Chronic kidney disease (CKD) has become a global health issue due to a dramatic increase in its prevalence and incidence (Sinasc, 2012; USRDS, 2012). The National Health Research Institutes estimates that the national prevalence of CKD is 11.93% in Taiwan, with almost all of these cases (11.6%) being CKD stages 1 to 3. (NIH, 2011). CKD is a difficult to treat, and dietary control is a very important factor in maintaining the health of patients. However, such control requires both willingness and motivation on the behalf of patients.

Patel(2008) has pointed out that social support is important for healthy behaviors in patients with CKD, and particularly on diet and medication adherence. Moreover the mental support form family and friend are more than medical Professionals.

## Purpose

This qualitative study aimed to describe the helping relationship between significant others and patients improves individual's motivational for healthy life style and healthy behavior. The helping relationship means seeking social support to protect healthy life style. The study want to describe the helping relationship context within significant others and early-stage chronic kidney disease.

## Methods

This is narrative research analysis using a qualitative research method, which explores how the helping relationship between early chronic kidney disease patients and their significant others can affect health-related behaviors. It adopts semi-structured, open-ended, in-depth interviews to obtain details of the respondents' lives.

## Participants

Purposive sampling is used to recruit mid-adulthood patients diagnosed with early-stage CKD from the nephrology education departments of medical centers.

Participants are eligible for inclusion they are diagnosed with early-stage CKD and speak Taiwanese or Mandarin.

## Six Steps of Analysis

- 1 • Repeated reading text and until the story emerged from focus and patterns.
- 2 • Researcher described impression of initial and complete about participants, and detailed recorded story of the characteristics and inconsistencies.
- 3 • Researcher found out that participants had repeated telling of the story, and link context of time series. Then determined the theme and concerned about development of the whole story.
- 4 • After marked out the themes of story, researcher sought out issues related to the central themes, then organized the context of themes.
- 5 • Explored the central theme of text and time series, and analyzed the results.
- 6 • The results should be submitted to participants for confirming that authenticity of the study.

## Rigor of Research

This research meets Riessman's (2003) four indicators of research rigor, including persuasiveness, correspondence, coherence and pragmatic use.

## Expected Outcome

The qualitative interviews will lead to a better understanding of the role significant others can play in the lives of patients with early chronic kidney disease, including providing both positive and negative support. The findings of this work can help healthcare professionals to improve patients' motivation and willingness to adopt healthier behaviors.

