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Phosphorus Binder Compliance Strategies for Children and Teens

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A major focus will include children in Chronic Kidney Disease (CKD) and Dialysis clinics between the ages of 8 and 21 who have been prescribed one or more phosphorus binders, blood pressure medications or any medication with compliance concerns related to ckd. A major focus will be on those patients with a serum phosphorus levels greater than 5.5mg/dL. The overall goal is to give the patient/family a visual cue in the form of a MEDICATION COMPLIANCE CARD as a reminder to take medications as prescribed. Improvement in serum phosphorus levels will decrease the overall mortality and morbidity of our patients. If the medication compliance cards prove beneficial in improving compliance with one (1) medication, additional medications will be added into cards starting with additional phosphate binders. Eventually adding other ckd medications. The improvement of compliance behaviors will ultimately translate to improved compliance of transplant/anti-rejection medications as well. According to the article "Adherence to Treatment in Adolescents" (Taddeo, MD, Egedy, MD, & Frappier, MD 2008), "low adherence increases morbidity and medical complications, contributes to poorer quality of life and an overuse of the health care system." Assisting the adolescent by "Customizing the treatment regimen if possible, empowering the adolescent to deal with adherence issues." Using policies in place within each unit, serum phosphorus levels will be monitored and report cards given. Used medication cards will be exchanged at predetermined dates and evaluated for compliance. This provides opportunities for health teaching by the Nephrology Nurse at each visit or chairside in dialysis. This health teaching is done in a positive manor and is not to be punitive. Discussions arise between patient and Nurse in regards to how to improve compliance or barriers to compliance. Plans of care can then be tailored for each patient.

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