

Occupational Therapy in hemodialysis.

Milton Carlos Mariotti, José Gastão Rocha de Carvalho

Occupational Therapy Program and Medical Clinic of Federal University of Paraná, Curitiba, Paraná, Brazil

Introduction: Hemodialysis increased survival years of chronic renal disease patients. However, retirement by invalidity and reduction of physical and occupational activities are frequently in these patient's lives. Occupational Therapy can improve functional capacity, social and occupational reinsertion. **Objectives:** Demonstrate that Occupational therapy intervention can improve the occupational lives of these patients. **Description:** Patients with chronic renal disease under hemodialysis therapy were involved in a regular Occupational Therapy program. This program is theoretically based on the Model of Human Occupation and includes individual intervention one or two times in a week during the hemodialysis. The evaluation process investigates what are the difficulties in occupational areas and observe routines and habits of the patients and the hopes and plans for future looking for in what moment the malevolent cycle was installed, what generally happened with the beginning of the illness. The therapeutic strategies for enabling changes are thought together with patients and the process of change in therapy is implemented. The mainly strategy used is to localize the components of volition, like interests and help patients to establish a few little goals. The experience has showed that with the therapeutic support patients get a successful in the projects and this, conduct to a change to a sense of capacity which is essential to turn back to the benevolent cycle. Three month's intervention program is developed before the re-evaluation. **Results and Discussions:** It was observed the improvements in scores of the used evaluations. In female patients scores improvements were found in most of evaluations and in male patients, fewer changes were observed. The same results situation occurs also in other studies. **Conclusions:** Occupational Therapy may be included in the therapeutic approach for patients under hemodialysis aiming to improve their occupational lives. **Contributions to the practice:** chronic renal disease patients can have improved their occupational lives through occupational therapy and an active occupational life is related with well being and good health conditions.