

00210 The Effectiveness of Electronic-based Self-monitoring Interventions in Maintaining Interdialytic Weight Gain Among Adults Receiving Haemodialysis: A Systematic Review and Meta-analysis

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Aims: Electronic-based interventions make use of common information technology such as smartphones, emails, bluetooth and PDA (personal digital assistance) to increase self-care knowledge. This allows patients on haemodialysis to self-monitor to maintain interdialytic weight and improve the quality of dialysis adequacy. The aim of the systematic review is to examine the current literature to assess the effectiveness of electronic-based self-monitoring interventions in the maintenance of interdialytic weight gain (IDWG) in adults on haemodialysis.

Methodology: A systematic search of CINAHL, PubMed, EMBASE, Scopus, Cochrane Library, Web of Science and PsycINFO was performed. The reference lists and citations from selected articles were then manually searched for further potential eligible articles. A total of 5178 studies were retrieved from the databases and 8 eligible articles were included in the review. The quality of the selected studies was appraised based on the Cochrane Handbook for Systematic Reviews version 5.1. Among the 8 articles, 5 were randomised controlled trials, 2 were clinical controlled trials and 1 pre and post-test.

Result: Results showed that electronic-based self-monitoring interventions were effective when compared to usual care and is comparable to face-to-face lectures in maintaining IDWG among adults on haemodialysis and can be used to enhance manpower-efficient and cost-saving patient care.

Conclusion: Further high quality primary studies need to be conducted to improve the quality of the evidence and the sustainability of electronic-based interventions.