

# The balancing act

## A complex intervention for prevention of overhydration in haemodialysis

Sofie Hartvigsen<sup>1</sup>, Amalie Nilsen Hagen<sup>1</sup>, Magnus Lindberg<sup>2</sup>, Mette Spliid Ludvigsen<sup>1</sup>

<sup>1</sup>Nord University, Bodø, Norway; <sup>2</sup>University of Gävle, Sweden



E-mail: Sofie.g.hartvigsen@nord.no

### Background

Validated tools exist, yet overhydration persists. Nurses play a key role in fluid assessment and management, but variability in clinical practice limits accurate evaluation of haemodialysis patients fluid status(1). Partnership and patient narratives (2) are not systematically integrated in these processes. Together these issues signals the need to integrate objective measures with person-centred care (PCC) principles.

### Aim

Develop a model for prevention of overhydration in people on haemodialysis informed by person-centred care principles.



Stakeholder needs and contextual exploration study	Cross-sectional study	Intervention development study
What characterizes nurses' fluid-balance practices in haemodialysis, and how is person-centred care reflected in their interactions?	How person-centred is haemodialysis practice as perceived by haemodialysis patients?	How can insights from patients and nurses be integrated into a model for assessing and managing overhydration, informed by PCC?
Focused ethnography (3) incl. observations, interviews and Gothenburg direct observation tool for assessing person-centred care(4).	Survey design using the Person-centred care in outpatient care questionnaire (5).	Experience-Based Co-Design (6) workshops were patients and nurses together explore experiences and co-design a model reflecting real needs.

### References

- (1) Lazarus B et al. Volume assessment in long-term dialysis patients. J Am Soc Nephrol. 2025.
- (2) Gyllensten H et al. Person-centred care: State-of-the-art and future perspectives. Curr Heart Fail Rep. 2025.
- (3) Knoblauch H. Focused ethnography. Forum Qual Soc Res. 2005.
- (4) Ekman N et al. Gothenburg direct observation tool for assessing person-centred care. BMJ Open. 2025.
- (5) Gasser F et al. Questionnaire for person-centred outpatient care: Development and evaluation. J Patient Rep Outcomes. 2023.
- (6) Koirala B et al. Experience-based co-design in cardiovascular and chronic disease research. Eur J Cardiovasc Nurs. 2025.

### Implications

- **Future research** Inform larger studies to test effects on clinical outcomes and stakeholder satisfaction.
- **Sciences of professions** Contribute to understanding how nurse-patient relations and collaborative actions shape complex clinical decision-making.
- **Professional practice** Strengthen patient knowledge and engagement while highlighting technical and relational competencies of nurses.

WOW a QR-code!  
Check it out! →

