



MEDICAL • EDUCATION
INSTITUTE Inc.

Home Therapies: Educating Your Patients

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MEI Mission: *Help people with chronic disease learn to manage and improve their health.*

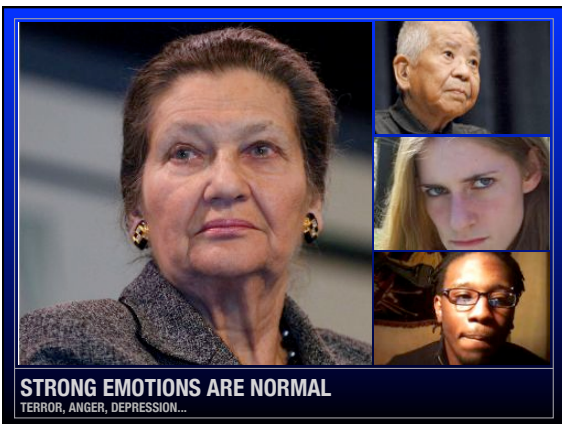


WHAT WE'LL COVER

- * Chaos –and the importance of HOPE
- * Using teachable moments
- * Teaching tools that can help you








What is Hope?

★ The feeling that what is wanted can be had or that things will turn out for the best. Dictionary.com



Your Patients need HOPE as Much as Oxygen

Hope & Dialysis Adjustment

N=103 UK adults on dialysis¹
Higher levels of hope predicted:

- ★ Less anxiety
- ★ Less depression
- ★ Reduced burden of kidney disease
- ★ Better mental functioning

¹Billington E et al., 2008 Br J Health Psychol, 13:983-99

WHY do we do dialysis?

TYPES OF HOME DIALYSIS

- * CAPD, CCPD
- * Short daily home HD
- * Nocturnal home HD
- * Nocturnal In-center HD






HOME TREATMENTS OFFER FREEDOM

FEWER MEDS. FLEXIBLE SCHEDULE. MORE CONTROL (AUTONOMY). FEWER SYMPTOMS.

- * Nocturnal HD:
 - * Significantly lower phosphate levels¹
 - * Fewer/no fluid limits²



¹Lindsay RM et al. Am J Kidney Dis. 2003 Jul;42(1 Suppl):24-9
²Warady BA et al. Adv Chronic Kidney Dis. 2007 Jul;14(3):297-303

HOME PATIENTS CAN HAVE MORE NORMAL DIETS

FEWER DIET AND FLUID LIMITS



HOME TREATMENTS MAKE TRAVEL EASIER
HOME TREATMENTS ARE FLEXIBLE—AND CAN COME ALONG FOR THE RIDE



HOME DIALYSIS CAN IMPROVE SLEEP¹
¹Tang SC et al. C.JASN. 2009 Feb;4(2):410-8. ²Becroft JM et al. Sleep Med. 2009 Jan;10(1):47-54. ³Tang



HOME IS WORK-FRIENDLY (& WORK REDUCES DEPRESSION)¹
¹Kutner NG et al. C.JASN. 2010 Sept 30 [Pub ahead of print]

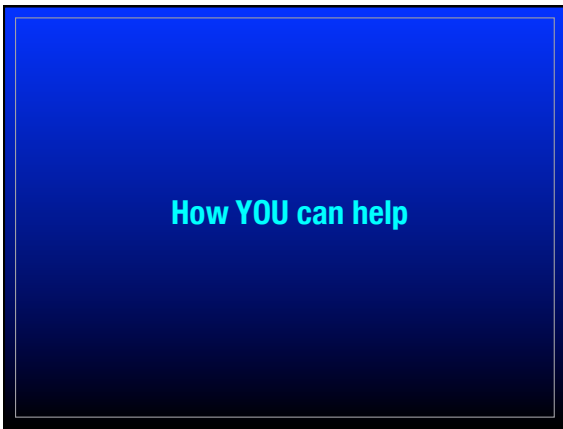




What NOT to Say to Patients

- * You *can't* do a home treatment! I'd miss you!!
- * If you do PD, you'll get an infection
- * You'd be lonely without us
- * What if something goes wrong?











Bandaid	New
You could chew some gum	More dialysis removes more water—so you can drink more
Do you want some ice chips?	Have you ever thought about doing a home treatment?
You need to eat less salt	I can have you talk to the home training nurse
Talk to the dietitian for tips	

How to Use the Moment



Bandaid	New
It's all about portion size	More dialysis removes more wastes—so you can eat more
Substitute other foods you like	Have you ever thought about doing a home treatment?
After a while, you won't even notice there's no salt...	I can have you talk to the home training nurse
Talk to the dietitian for tips	

How to Use the Moment



Bandaid	New
Put them by your toothbrush	More dialysis removes more wastes—so you don't need as many meds
Make up a reminder chart	Have you ever thought about doing a home treatment?
The social worker can help you find low income programs	I can have you talk to the home training nurse
Maybe the doctor has samples	

How to Use the Moment



If I can't work, I'll lose my house!

Bandaid	New
You may be able to get Social Security disability	Some kinds of dialysis are more work-friendly so you can keep your job
Could you take in a boarder?	Have you ever thought about doing a home treatment? Or in-center nocturnal?
Maybe you could work part-time	I can have you talk to the home training nurse
Talk to the social worker about your options	

How to Use the Moment



Bandaid	New
Your doctor can prescribe antidepressants for you	Maybe if you did a different treatment, your life would look more like you want it to
Make a list of things you used to like to do	Have you ever thought about doing a home treatment? Or in-center nocturnal?
Talk to the social worker	I can have you talk to the home training nurse

How to Use the Moment




Bandaid	New
You may be able to adapt	The chance of getting pregnant and having a healthy baby are much higher with more hemo
Two years after a transplant, you may be able to try...	Have you ever thought about doing a home treatment? Or in-center nocturnal?
Talk to the social worker	I can have you talk to the home training nurse

How to Use the Moment

Free or Low-cost Teaching Tools

- * For CKD to ESRD
- * Six slide decks with speaker's notes
- * Learning objectives & quizzes
- * How-to Guide
- * PC or Mac: www.lifeoptions.org/goodfuture
- * MIPPA eligible




How to Have a Good Future with Kidney Disease.


FREE Patient Education Resource

- * **Coming to Terms** (please start here!)
- * Kidneys and Kidney Disease
- * Slowing Kidney Disease
- * Transplant
- * Dialysis and Your Lifestyle
- * Your Money and Your Life

Six Topics – Mix & Match



How to slow chronic kidney disease (CKD)

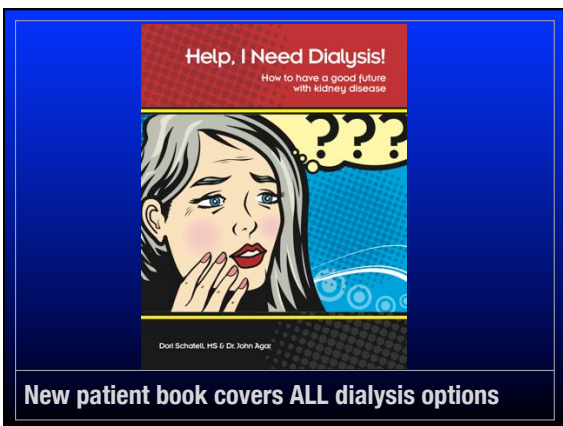


Which came first?

High blood pressure and your kidneys







CONCLUSIONS:

- * HOPE helps give patients back their lives
- * Use teachable moments to link options to lifestyle
- * There are free & low-cost teaching tools to help you