

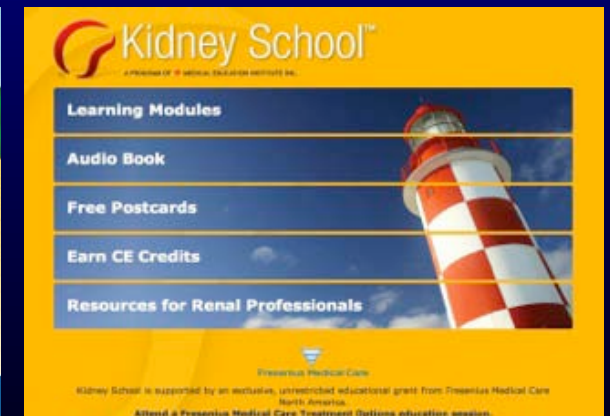
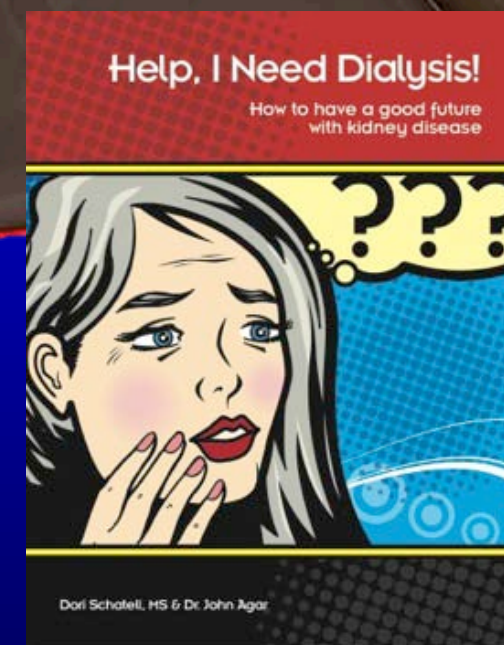
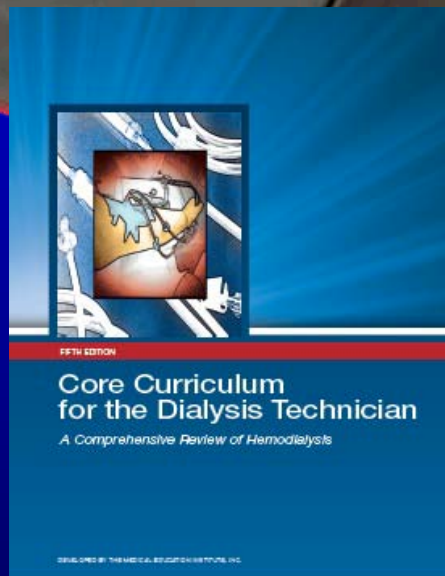
MEDICAL EDUCATION INSTITUTE

Talking with Your Patients about Home Dialysis

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Executive Director, Medical Education Institute

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



WHAT WE'LL COVER

- ✦ Chaos –and the importance of HOPE
- ✦ Types & benefits of home treatments
- ✦ Using teachable moments
- ✦ Teaching tools that can help you

What dialysis would YOU choose?

- A. Standard in-center hemodialysis
- B. Nocturnal in-center hemodialysis
- C. Peritoneal dialysis – manual or with a cyclor
- D. Short daily home hemodialysis
- E. Standard (3x/week) home hemodialysis
- F. Nocturnal home hemodialysis



DIALYSIS IS A TSUNAMI IN PATIENTS' LIVES



STRONG EMOTIONS ARE NORMAL
TERROR, ANGER, DEPRESSION...

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



“Hopefulness could serve to lessen the emotional impact of ESRF and treatment by empowering the individual to reframe threats as challenges”

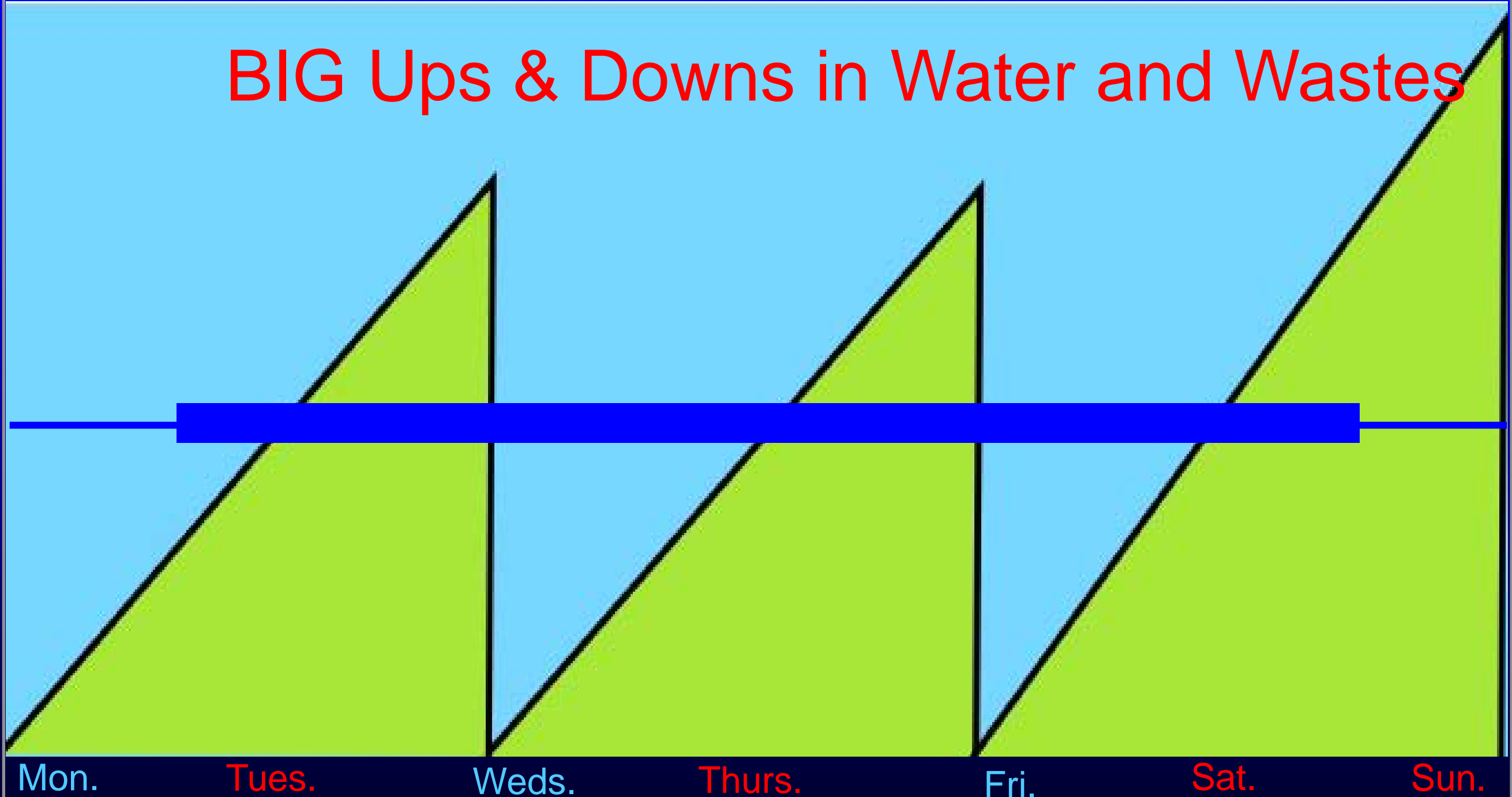
Impact of Standard In-center HD on Patients' Lives



DIALYSIS OPTION AFFECTS *EVERY ASPECT OF LIFE*
CHOICE OF A TREATMENT NEEDS TO REFLECT THIS


What happens in the body with standard in-center hemodialysis

BIG Ups & Downs in Water and Wastes



RECOVERY TIME AFTER STANDARD IN-CENTER HD



- 
- * Sodium (salt)
 - * Potassium
 - * Phosphorus
 - * Fluid

Strict diet & fluid limits on standard in-center HD

PILL BURDEN ON IN-CENTER HD

- ✦ 50% take 19 pills/day
- ✦ 25% take 25+ pills/day
- ✦ Strict fluid limits





Sleep problems are rampant in standard HD



Sexuality and fertility issues are very common

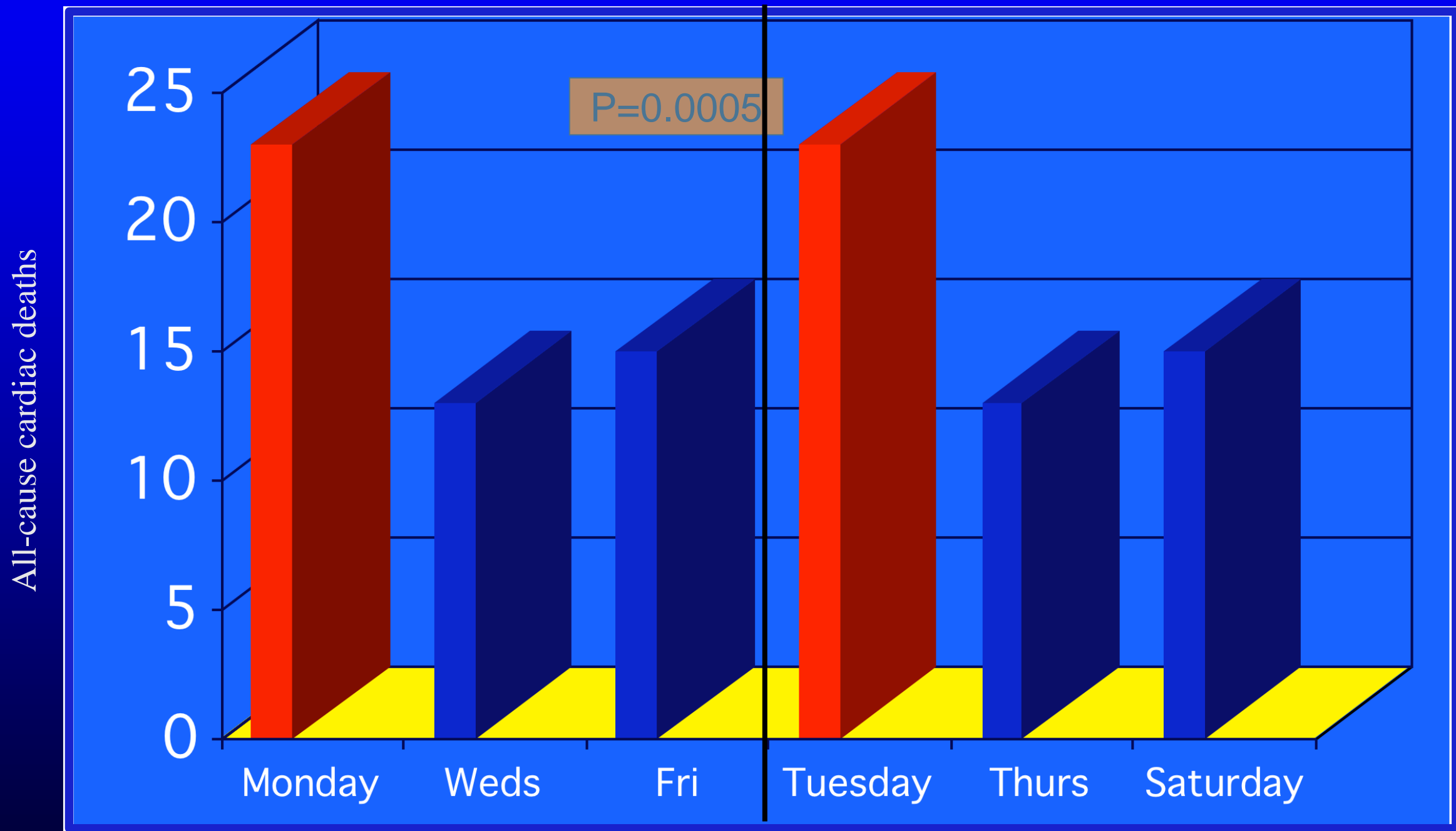
Effect of Job Loss on Patients

“Hi my name is X, i’ ve been on dialysis for 3 years and im only 36 years old. i got it from high blood pressure.

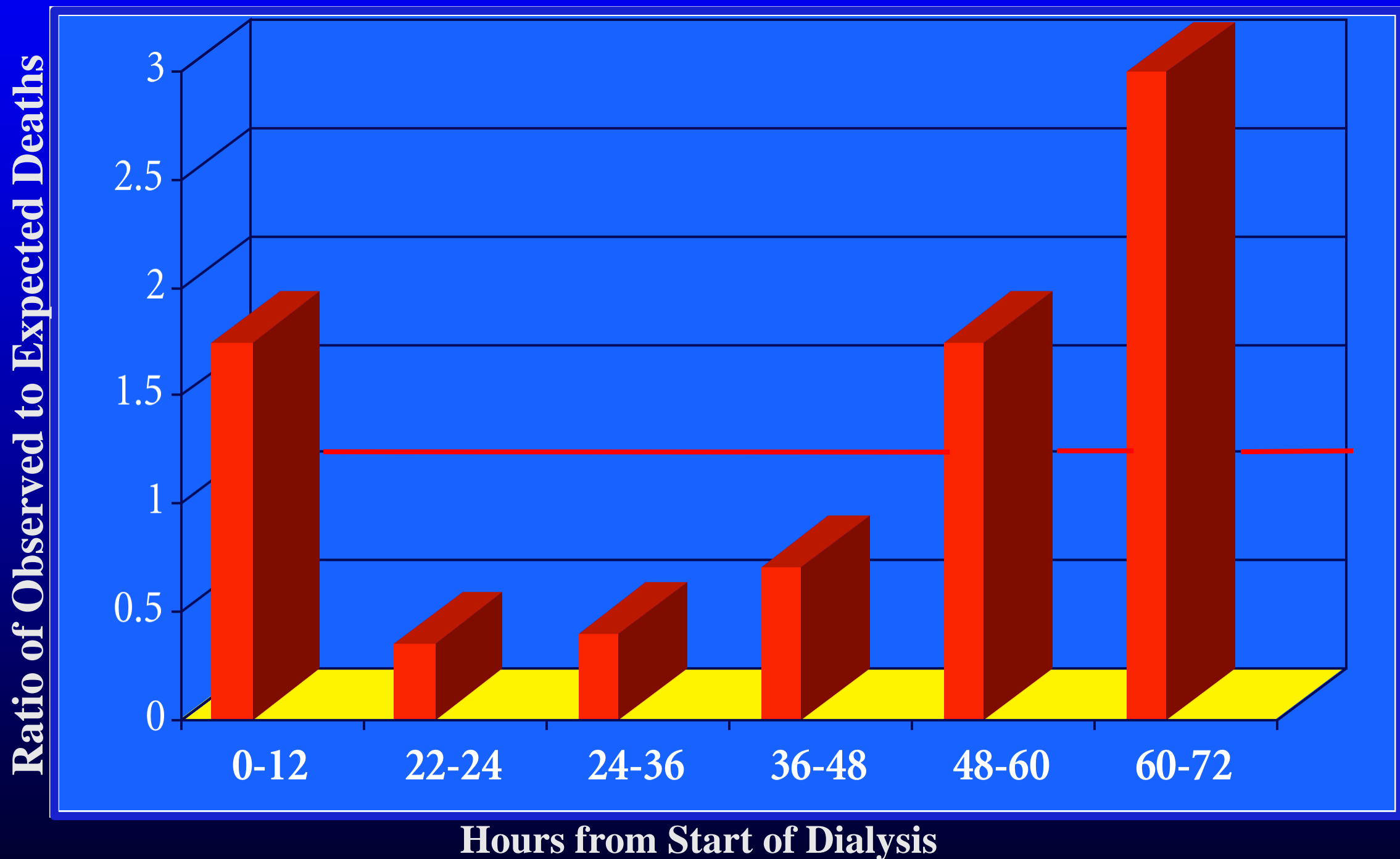
well now i have no friends and im depressed and my life sucks. im a single person with no job and no life. dialysis sucks and i should just die.”

Quote from the dialysis_support email listserv, 2006

Standard In-center HD: the 2-day “Killer Gap” (by Day)



Standard In-Center HD: the 2-day “Killer Gap” (by Hour)



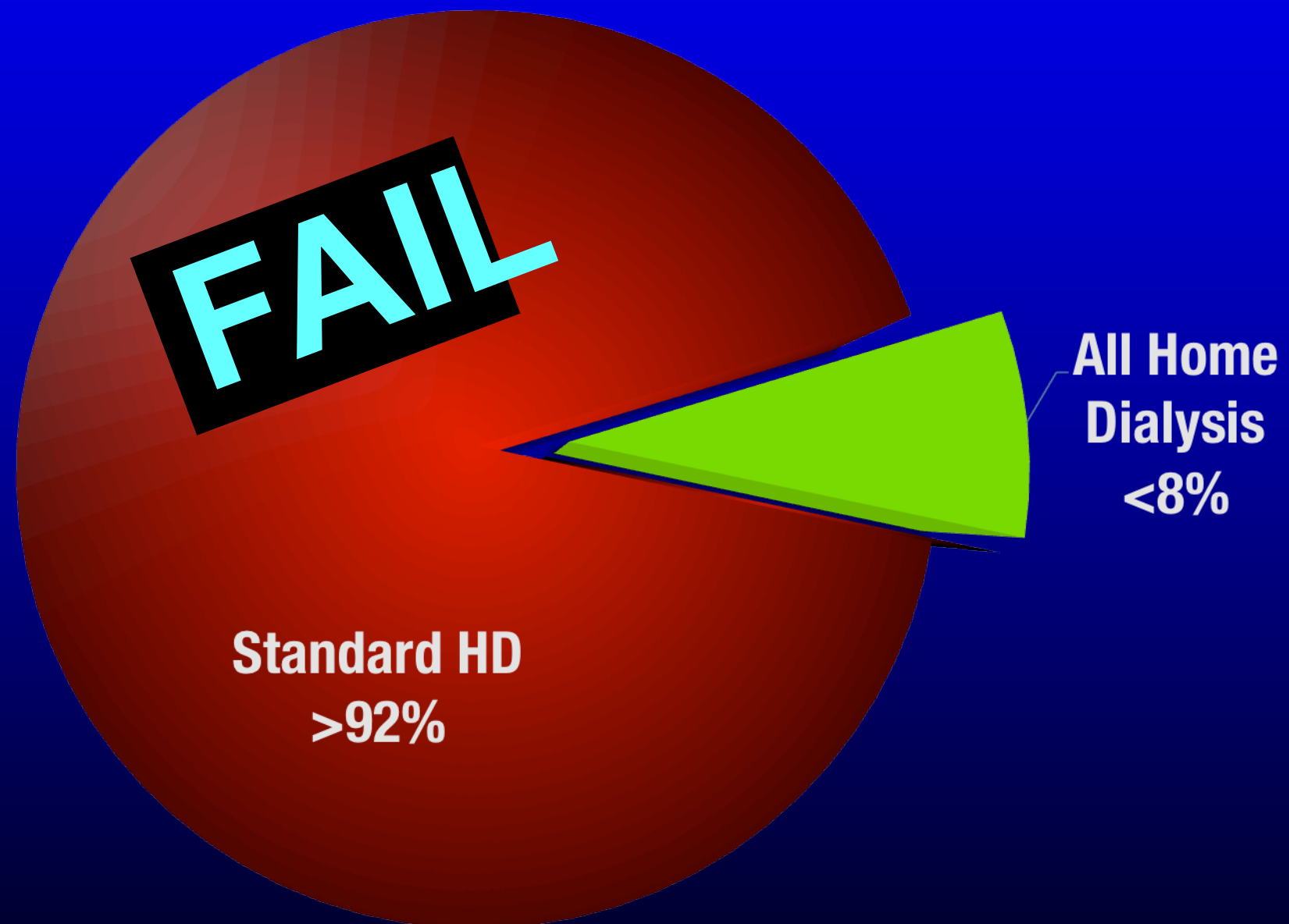
MOST Mortality is Higher After the 2-day Gap

In a nationally representative sample of 32,065 patients:

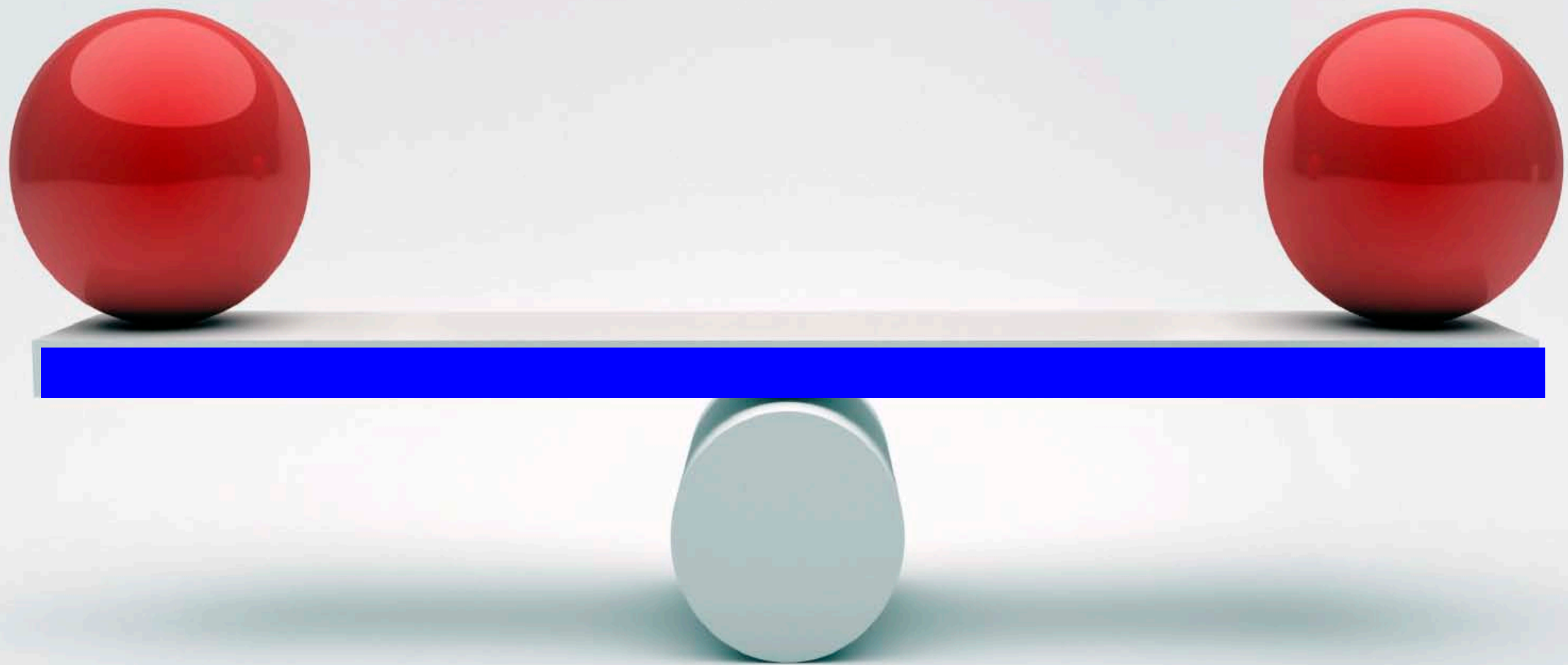
- ☞ All cause mortality: <0.001
- ☞ Cardiac arrest: .004
- ☞ Myocardial infarction: <0.001
- ☞ Infection: .007
- ✳ Septicemia: .06
- ✳ Other cause: .001

Why pick on standard HD?

US Dialysis "Distribution"



Benefits of Home Treatments for Patients



Treatments that keep balance can give patients fuller lives

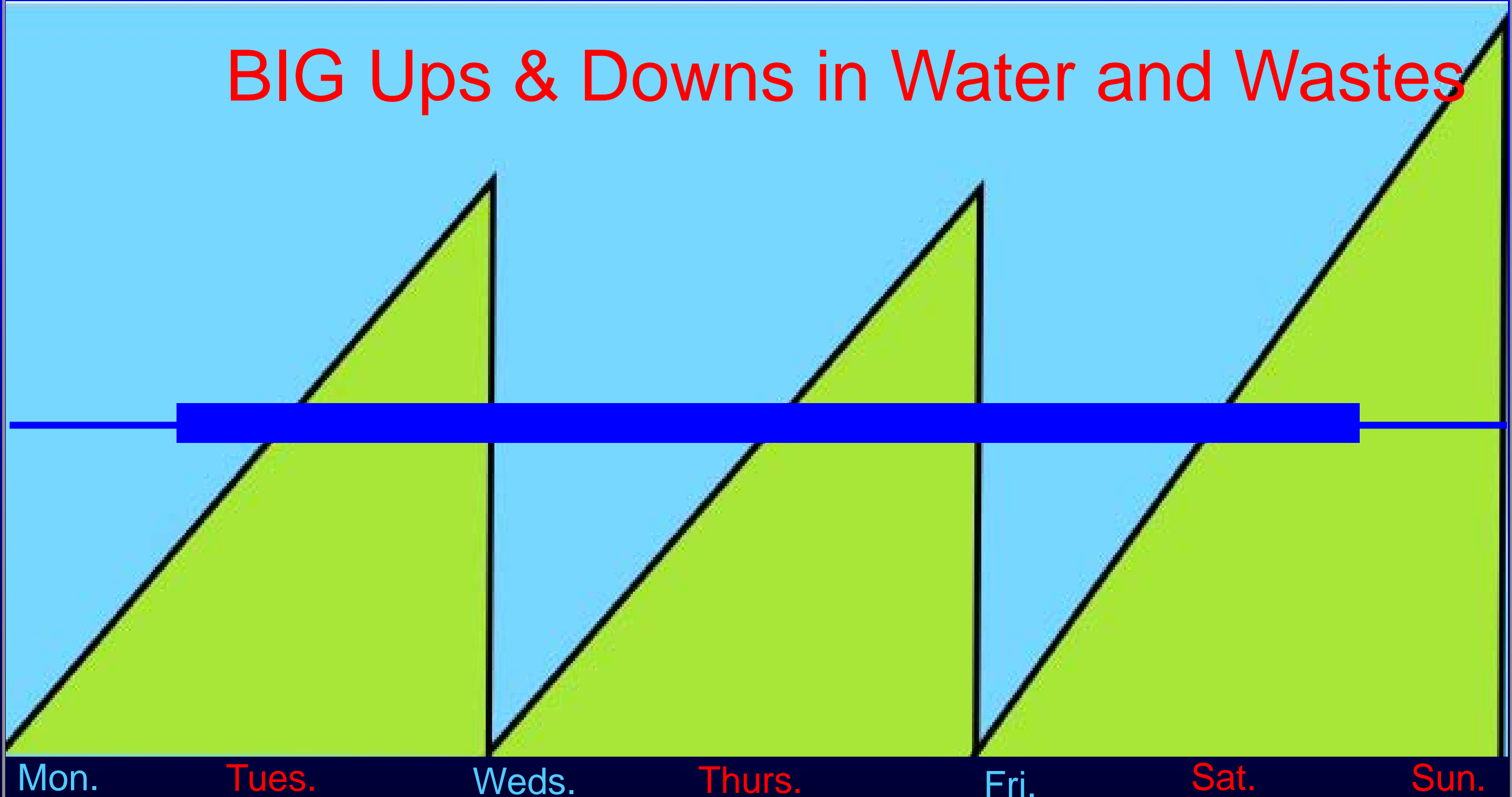
TYPES OF HOME DIALYSIS

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



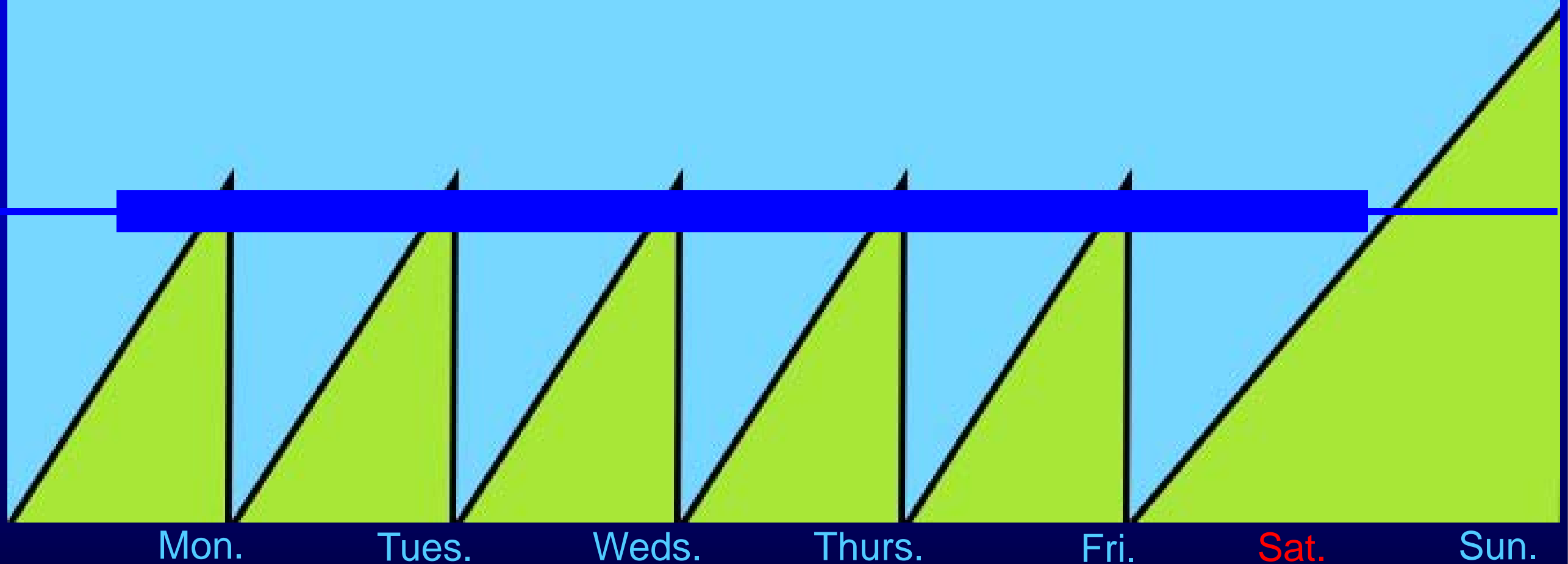
What happens in the body with standard in-center hemodialysis

BIG Ups & Downs in Water and Wastes



What happens in the body with short daily hemodialysis

Small Ups & Downs in Water and Wastes

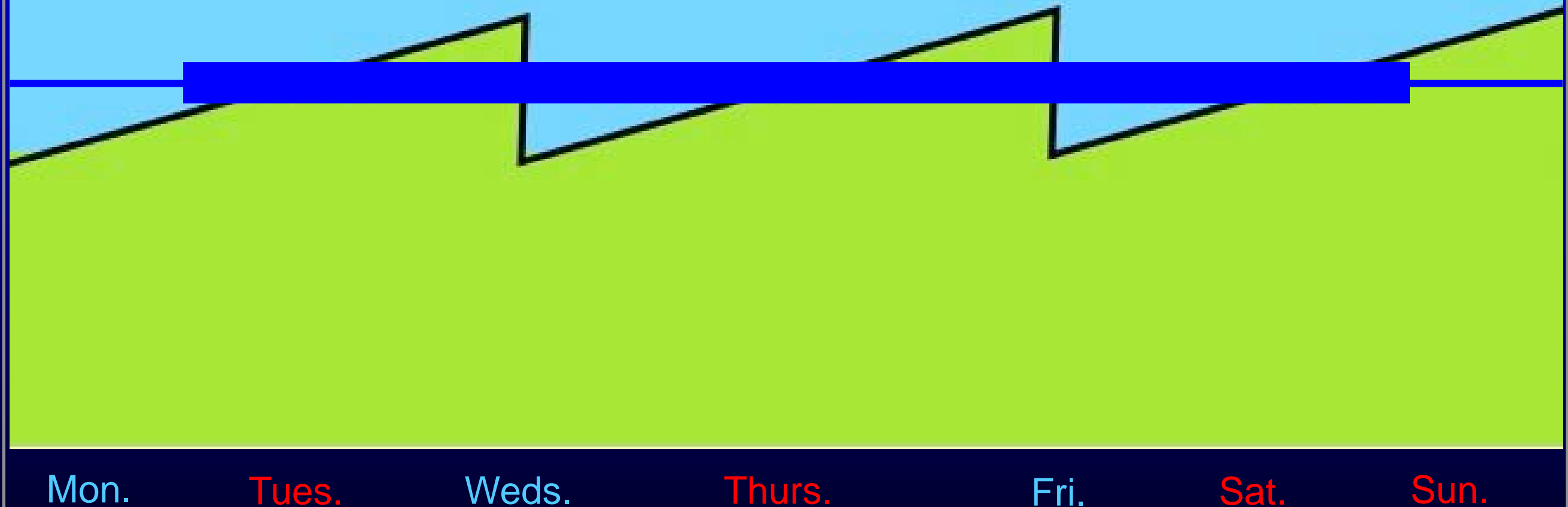


RECOVERY TIME AFTER SHORT DAILY HD



What happens in the body with nocturnal hemodialysis

VERY Small Ups & Downs in Water and Wastes



RECOVERY TIME AFTER NOCTURNAL HD





HOME TREATMENTS OFFER

FREEDOM

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



TS MAKE TRAVEL

EASIER

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

★ Nocturnal HD:

- Significantly lower phosphate levels¹
- Fewer/no fluid limits²



³Lindsay RM et al. Am J Kidney Dis. 2003 Jul;42(1 Suppl):24-9

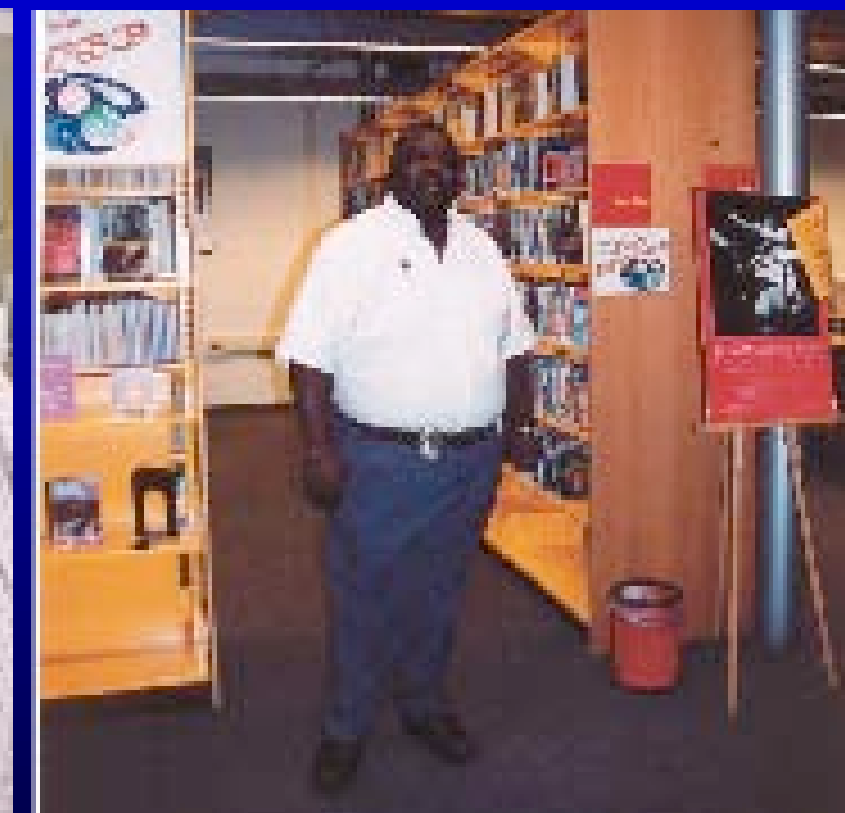
⁴Warady BA et al. Adv Chronic Kidney Dis. 2007 Jul;14(3):297-303

**HOME PATIENTS CAN HAVE MORE NORMAL DIETS
FEWER DIET AND FLUID LIMITS**



HOME DIALYSIS CAN IMPROVE SLEEP¹

¹Tang SC et al. *CJASN*. 2009 Feb;4(2):410-8. ²Beecroft JM et al. *Sleep Med*. 2009 Jan;10(1):47-54. ³Tang



HOME IS WORK-FRIENDLY (& WORK REDUCES DEPRESSION)¹

¹Kutner NG et al. *CJASN*. 2010 Sept 30 [ePub ahead of print]

MORE HOME HD SEEMS TO IMPROVE SEX LIVES

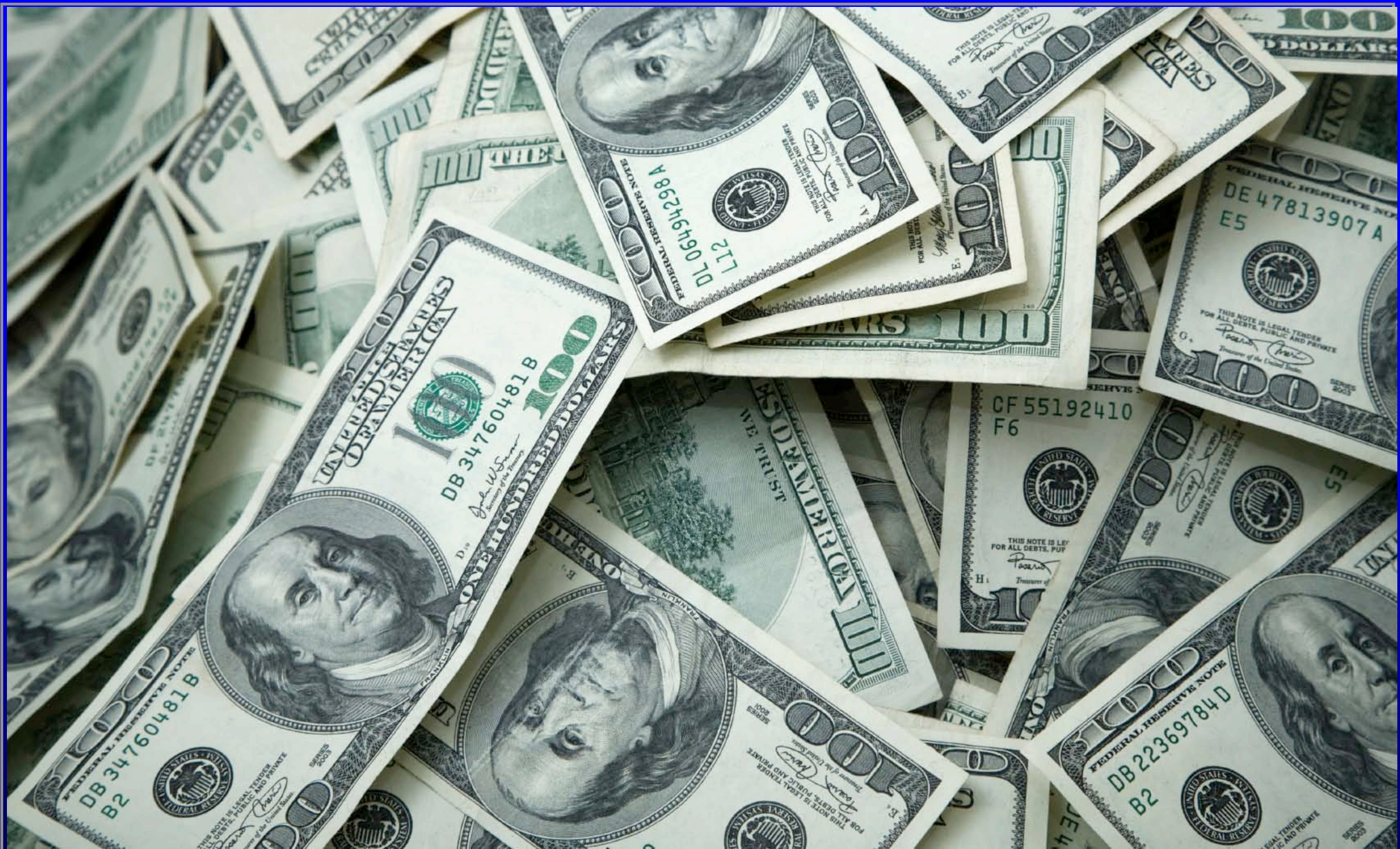


PATIENTS WHO GET MORE HED REPORT BETTER SEX LIVES (BABIES ARE MORE POSSIBLE, TOO)



MORE HD: SURVIVAL COMPARES TO TRANSPLANT¹⁻³

¹Kjellstrand C et al. *NDT*. 2008. Oct;23(10):3283-9. ²Pauly RP et al. *NDT*. 2009 Sept;24(9):2915-9. ³Johansen et al. *KI*. 2009 Nov;76(9):984-90

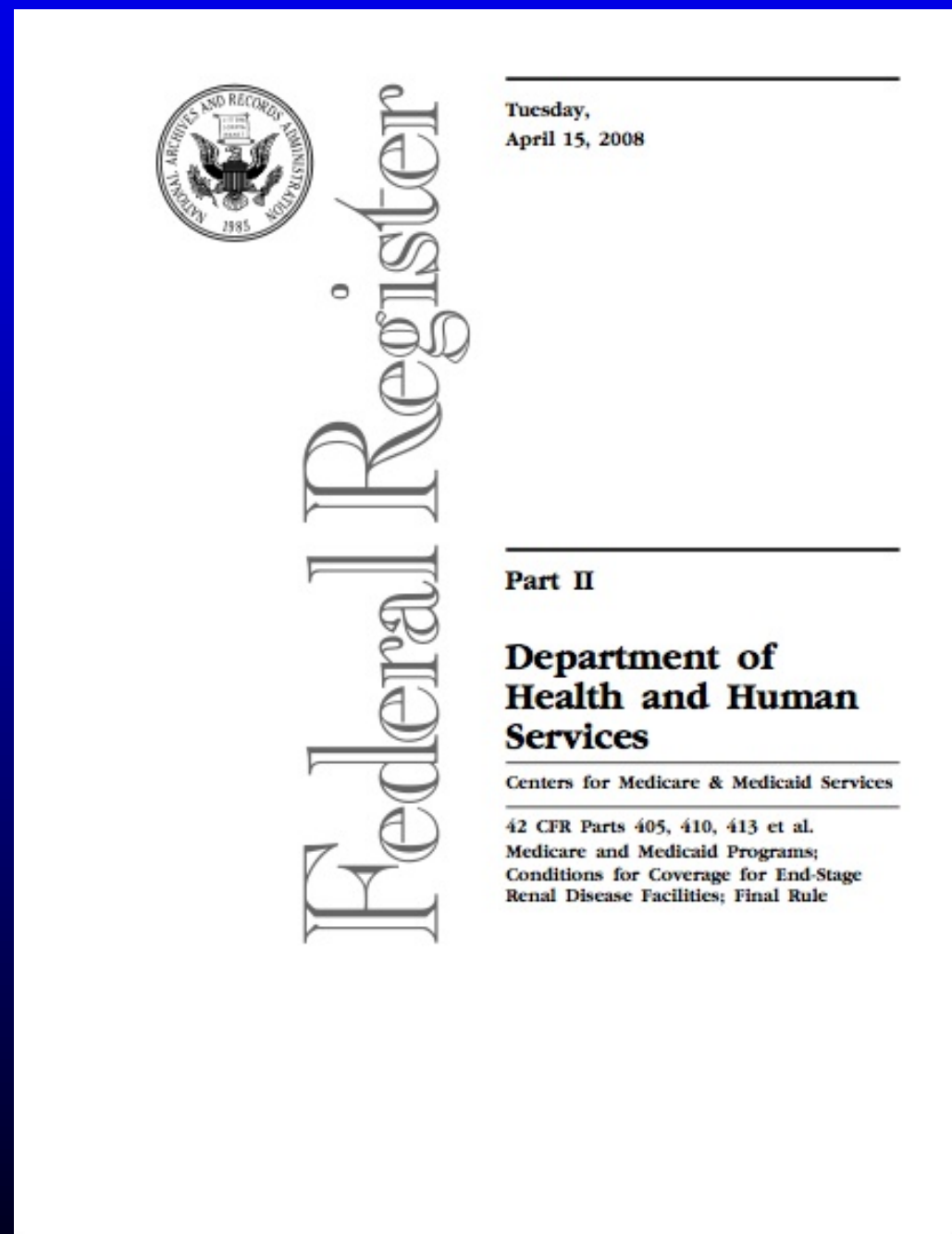


**MEDICARE STARTS ON DAY 1 FOR HOME PATIENTS
(VS. AFTER 3 MONTHS FOR IN-CENTER)**

Benefits of Home Treatments for Centers

Avoid Surveyor Deficiencies

- ★ Conditions for Coverage, Subpart C, 494.70, 494.90



IMPROVE CENTER REVENUE

- ✦ Medicare starts on day 1 for home patients
- ✦ Employer group health plans pay more than Medicare



BETTER STAFF MORALE

- ✦ Happier patients
- ✦ Less turnover



How YOU can help

- * Learn patients' lifestyle priorities**
- * Focus on those priorities**
- * Share the evidence basis**
- * EXPECT that patients can succeed: build confidence**
- * Problem-solve: pros/cons LAST**



DETERMINE LIFESTYLE PRIORITIES

MATCH TREATMENT CHOICE TO LIFESTYLE

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?



Choose Teachable Moments



I'm so thirsty all the time!



Putting Band-aids on Bullet Holes Doesn't Help Much

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



I may as well forget about food & just eat DIRT!

Bandaid

It's all about portion size

Substitute other foods you like

After a while, you won't even notice there's no salt...

Talk to the dietitian for tips

New

More dialysis removes more wastes—so you can eat more

How to Use the Moment



I can't take (pay for) all of these meds!

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

The social worker can help
you find low income
programs

Maybe the doctor has
samples

How to Use the Moment



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

Bandaid

You may be able to get Social Security disability

Could you take in a boarder?

Maybe you could work part- time

Talk to the social worker about your options

New

Some kinds of dialysis are more work-friendly so you can keep your job

How to Use the Moment



I don't want to live like this. I'm better off dead.

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

Talk to the social worker

How to Use the Moment



I want to have a baby!

Bandaid

You may be able to adopt

Two years after a
transplant, you may be
able to try...

Talk to the social worker

New

The chance of getting
pregnant and having a
healthy baby are much
higher with more hemo

How to Use the Moment

Free or Low-cost Teaching Tools



Let's Talk About...
Dialysis Options

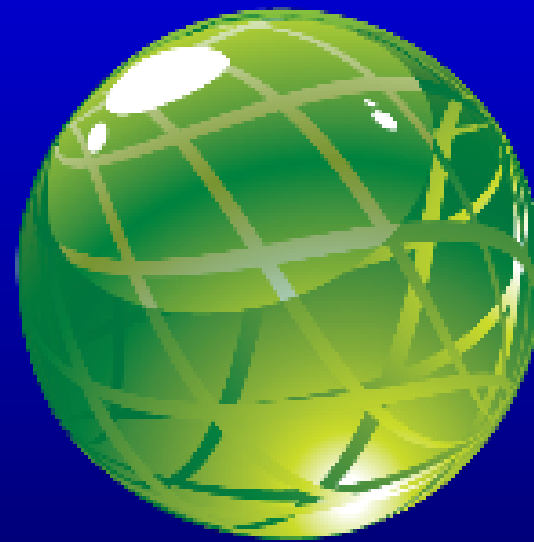


AngelVision Impact Movie™

<http://lifeoptions.org/letstalk/mov2eng/index.html>

FREE Patient Education Resource

- * 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



How to slow chronic kidney disease (CKD)

Help, I Need Dialysis!

How to have a good future
with kidney disease



Dori Schatell, MS & Dr. John Agar

New patient book covers ALL dialysis options

What dialysis would YOU choose?

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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

