Talking with Your Patients about Home Dialysis

Dori Schatell, MS
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 cycler
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 dialysis

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

Lindsay RM et al.  CJASN 2006 Sep;1(5):952-9
Strict diet & fluid limits on standard in-center HD

- Sodium (salt)
- Potassium
- Phosphorus
- Fluid
PILL BURDEN ON IN-CENTER HD

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

Chiu YW et al. CJASN 2009 Jun;4(6):1089-96
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

Foley RN et al. *NEJM.* 2011 365:1099-107

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”

- Standard HD: >92%
- All Home Dialysis: <8%
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

Lindsay RM et al.  \textit{CJASN} 2006 Sep;1(5):952-9
What happens in the body with nocturnal hemodialysis

VERY Small Ups & Downs in Water and Wastes
RECOVERY TIME AFTER NOCTURNAL HD

Lindsay RM et al. CJASN 2006 Sep;1(5):952-9
HOME TREATMENTS OFFER FREEDOM
FEWER MEDS.  FLEXIBLE SCHEDULE.  MORE CONTROL (AUTONOMY).  FEWER SYMPTOMS.
HOME TREATMENTS MAKE TRAVEL EASIER

HOME TREATMENTS ARE FLEXIBLE—AND CAN COME ALONG FOR THE RIDE
HOME PATIENTS CAN HAVE MORE NORMAL DIETS
FEWER DIET AND FLUID LIMITS

⭐ Nocturnal HD:
- Significantly lower phosphate levels
- Fewer/no fluid limits

1 Lindsay RM et al. Am J Kidney Dis. 2003 Jul;42(1 Suppl):24-9
HOME DIALYSIS CAN IMPROVE SLEEP

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 TRANSPLANT\textsuperscript{1-3}

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

How to Use the Moment
I may as well forget about food & just eat DIRT!
<table>
<thead>
<tr>
<th>Bandaid</th>
<th>New</th>
</tr>
</thead>
<tbody>
<tr>
<td>It’s all about portion size</td>
<td>More dialysis removes more wastes—so you can</td>
</tr>
<tr>
<td>Substitute other foods you like</td>
<td>eat more</td>
</tr>
<tr>
<td>After a while, you won’t even notice there’s no salt…</td>
<td></td>
</tr>
<tr>
<td>Talk to the dietitian for tips</td>
<td></td>
</tr>
</tbody>
</table>
I can’t take (pay for) all of these meds!
<table>
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<tr>
<th><strong>Bandaid</strong></th>
<th><strong>New</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Put them by your toothbrush</td>
<td>More dialysis removes more wastes—so you don’t need as many meds</td>
</tr>
<tr>
<td>Make up a reminder chart</td>
<td></td>
</tr>
<tr>
<td>The social worker can help you find low income programs</td>
<td></td>
</tr>
<tr>
<td>Maybe the doctor has samples</td>
<td></td>
</tr>
</tbody>
</table>
If I can’t work, I’ll lose my house!
<table>
<thead>
<tr>
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<tr>
<td>You may be able to get Social Security disability</td>
<td>Some kinds of dialysis are more work-friendly so you can keep your job</td>
</tr>
<tr>
<td>Could you take in a boarder?</td>
<td></td>
</tr>
<tr>
<td>Maybe you could work part-time</td>
<td></td>
</tr>
<tr>
<td>Talk to the social worker about your options</td>
<td></td>
</tr>
</tbody>
</table>
I don’t want to live like this. I’m better off dead.
<table>
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<tbody>
<tr>
<td>Your doctor can prescribe antidepressants for you</td>
<td>Maybe if you did a different treatment, your life would look more like you want it to</td>
</tr>
<tr>
<td>Make a list of things you used to like to do</td>
<td></td>
</tr>
<tr>
<td>Talk to the social worker</td>
<td></td>
</tr>
</tbody>
</table>
I want to have a baby!
<table>
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<tr>
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<th>New</th>
</tr>
</thead>
<tbody>
<tr>
<td>You may be able to adopt</td>
<td>The chance of getting pregnant and having a healthy baby are much higher with more hemo</td>
</tr>
<tr>
<td>Two years after a transplant, you may be able to try...</td>
<td></td>
</tr>
<tr>
<td>Talk to the social worker</td>
<td></td>
</tr>
</tbody>
</table>

How to Use the Moment
Free or Low-cost Teaching Tools
Let's Talk About... Dialysis Options

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

FREE Patient Education Resource
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.
How to slow chronic kidney disease (CKD)
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