Home Therapies: Educating Your Patients

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
- Using teachable moments
- Teaching tools that can help you
CONTEXT OF CKD EDUCATION: CHAOS

DIALYSIS IS A TSUNAMI IN PATIENTS' LIVES

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

What is Hope?

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


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 schedules
- More control, autonomy
- Fewer symptoms

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

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

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

HOME DIALYSIS CAN IMPROVE SLEEP

HOME IS WORK-FRIENDLY (& WORK REDUCES DEPRESSION)
Kutner NG et al. CJASN. 2010 Sep 30 [Epub ahead of print]

MORE HOME HD SEEMS TO IMPROVE SEX LIVES
PATIENTS WHO GET MORE HD REPORT BETTER SEX LIVES (BABIES ARE MORE POSSIBLE, TOO)

MORE HD: SURVIVAL COMPARES TO TRANSPLANT
1-3
Johansen et al. KI. 2009 Nov;76(9):984-90

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?
I'm so thirsty all the time!

Putting Band aids on Bullet Holes Doesn’t Help Much

You could chew some gum
Do you want some ice chips?
You need to eat less salt
Talk to the dietitian for tips

<table>
<thead>
<tr>
<th>Band aid</th>
<th>Now</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>
</tbody>
</table>

How to Use the Moment
I may as well forget about food & just eat DIRT!

**How to Use the Moment**

<table>
<thead>
<tr>
<th>Bandaid</th>
<th>Now</th>
</tr>
</thead>
<tbody>
<tr>
<td>It’s all about portion size</td>
<td>More dialysis removes more wastes — so you can eat more</td>
</tr>
<tr>
<td>Substitute other foods you like</td>
<td>Have you ever thought about doing a home treatment?</td>
</tr>
<tr>
<td>After a while, you won’t even notice there’s no 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>

I can’t take (pay for) all of these meds!
How to Use the Moment

<table>
<thead>
<tr>
<th>Bandaid</th>
<th>Now</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>Have you ever thought about doing a home treatment?</td>
</tr>
<tr>
<td>The social worker can help you find low income programs</td>
<td>I can have you talk to the home training nurse</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!

How to Use the Moment

<table>
<thead>
<tr>
<th>Bandaid</th>
<th>Now</th>
</tr>
</thead>
<tbody>
<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>Have you ever thought about doing a home treatment? Or in-center nocturnal?</td>
</tr>
<tr>
<td>Maybe you could work part-time</td>
<td>I can have you talk to the home training nurse</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.

How to Use the Moment

<table>
<thead>
<tr>
<th>Bandaid</th>
<th>Now</th>
</tr>
</thead>
<tbody>
<tr>
<td>Your doc 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>Have you ever thought about doing a home treatment? Or in-center nocturnal?</td>
</tr>
<tr>
<td>Talk to the social worker</td>
<td>I can have you talk to the home training nurse</td>
</tr>
</tbody>
</table>

I want to have a baby!
How to Use the Moment

<table>
<thead>
<tr>
<th>Bandaid</th>
<th>Now</th>
</tr>
</thead>
<tbody>
<tr>
<td>Two years after a transplant, you may be able to try...</td>
<td>The chance of getting pregnant and having a healthy baby are much higher with more home Have you ever thought about doing a home treatment? Or in-center nocturnal?</td>
</tr>
<tr>
<td>Talk to the social worker</td>
<td>I can have you talk to the home training nurse</td>
</tr>
</tbody>
</table>

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.
Six Topics – Mix & Match

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

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