

What is the “Let’s Start Healthy at Home Resource Package”? – A toolkit of mobile friendly and printable resources which are aimed at assisting professionals and patients in identifying and discussing chronic kidney failure as well as considering dialyzing at home as an option for renal replacement therapy.

What is included in the “Let’s Start Healthy at Home” Resources?

Interactive Mobile Applications:

Available in the App Store for iPhone and iPad and Google Play for Android devices.

Provider App

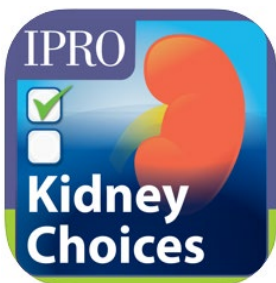


CKD - Screening 12+
Island Peer Review Organization, Inc
Free

An aide to assist clinicians in diagnosing Chronic Kidney Disease(CKD).

- Allows the clinician to upload laboratory tests (or suggests testing) to identify new cases of CKD.
- Assists in identifying risk factors for CKD and staging of CKD.

Patient/Caregiver App



Kidney Choices 12+
Island Peer Review Organization, Inc
Free

An aide to assist patients and caregivers to learn if they are at risk for chronic kidney disease (CKD)

- Provides a review of your blood work and previous diagnoses (high blood pressure and diabetes) to assess your risk for CKD - Medicare recipients only
- Provides education on different dialysis modality choices

Printable Flyers for both Professionals and Patients that provide a general overview of Home Dialysis Treatment Options:

- **Do your patients know about home treatment options?** **Professional Resource** – This resource provides professional staff with home treatment options education and the benefits.

Do your patients know about home treatment options?

HOME DIALYSIS...

Peritoneal Dialysis (PD)
PD Benefits in Brief
Needle-free. A catheter is used for treatments.
Portable. Patients aren't confined to one place for treatment.
Flexible. Patients can choose treatment times that fit their needs and lifestyle.
Freedom. Patients can eat and drink more of what they enjoy.
Kidney Function. PD may extend patients' remaining kidney function longer than would standard hemodialysis.

Home Hemodialysis (HHD)
HHD Benefits in Brief
More Energy. More dialysis = patients feeling better.
More Control. Allows patients to eat, drink, and have visitors during treatments.
Better Access. Lasts longest when patients place their own needles.
Better Survival. Patients may live just as long as if they received a deceased donor kidney transplant.

What types of support would the dialysis facility provide?

- One-on-one training is provided to patients until they feel comfortable and confident dialyzing at home.
- Home nurse support is provided 24/7.
- Lab work and evaluations performed through monthly visits at the home facility.
- Home nurse assistance with organizing the home to accommodate dialysis treatment supplies.

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End-Stage Renal Disease Network of the South Atlantic
<http://network6.esrd.ipro.org>

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Do your patients know about home treatment options?

HOME DIALYSIS... continued

Why should home dialysis be considered?

More flexibility with treatment times and daily life schedules

- PD and HHD are travel-friendly
- Patients may be able to follow a more normal diet with less restrictions
- Better control of blood pressure
- Patients may be able to reduce medications
- Less stress on the heart and may reduce post-dialysis recovery time
- More energy, both mentally and physically
- Ability to work or continue school
- Ability to manage self-care
- Less transportation concerns to and from the dialysis clinic
- Increased chance of receiving a transplant

How can you share home dialysis information with your patients?

- Share the Network's Peritoneal and Home Hemodialysis brochures with dialysis patients upon discharge. Materials can be found here: <https://network6.esrd.ipro.org/home/provider/qa/hometherapies>
- Refer patients to their attending physician for more information or for answers to their questions.

IPRO End-Stage Renal Disease Network of the South Atlantic
909 Aviation Parkway, Suite 300, Morrisville, NC 27560
Patient Toll-Free: 800-524-7139 • Main: 919-463-4500
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Web: <http://network6.esrd.ipro.org>

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- **Do you know your home treatment options?** **Patient Resource** – This resource provides the patient with educational information including the benefits about home treatment options.

Do you know your home treatment options?

HOME DIALYSIS...

Peritoneal Dialysis (PD)	Home Hemodialysis (HHD)
<p>PD Benefits in Brief</p> <p>Needle-free. A catheter is used for treatments. Portable. Take it with you. Flexible. Choose treatment times that fit your needs and lifestyle. Freedom. Eat and drink more of what you like. Kidney Function. PD may help you keep your remaining kidney function longer than standard hemodialysis.</p>	<p>HHD Benefits in Brief</p> <p>More Energy. Get more dialysis and feel better. More Control. Eat, drink, and have visitors during treatments. Better Access. Lasts longest when you put in your own needles. Better Survival. You may live just as long as if you received a deceased donor kidney transplant.</p>
<p>What type of support would be provided by the dialysis facility?</p> <ul style="list-style-type: none"> • A home nurse will provide one-on-one training until you are comfortable to dialyze at home. • Your clinic will be available to you 24/7, either in the facility or by phone. • You will make visits to the home facility for lab tests and evaluations. • The home nurse will assist in organizing your home with supplies needed for dialysis treatments. 	

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Do you know your home treatment options?

HOME DIALYSIS... continued

Why consider home dialysis?

- More flexibility in your dialysis and daily life schedules
- Enjoy a more normal diet with less restrictions
- More freedom to manage your own care
- You may be able to reduce medications
- Less transportation hassles to and from a clinic
- Ability to travel more (depending on your ability to bring along the machine and your supplies)
- Ability to work or continue school
- Have more energy, both mentally and physically
- Have better control of your blood pressure
- Less stress on your heart and less recovery time after treatments

Get more information.

If you would like to learn more about a home dialysis option that will best suit your needs and lifestyle, take the next step. Find the best options for you and talk with your healthcare team. Here are some helpful links to get started:

Home Dialysis Central: <https://homedialysis.org/home-dialysis-basics>
Life Options: <https://lifeoptions.org/living-with-kidney-failure/options-for-dialysis>
Home Dialyzors United: <https://www.homedialyzorsunited.org>
National Kidney Foundation: <https://www.kidney.org/treatment-support>
My Life, My Dialysis Choice: <https://mydialysischoice.org>

To file a grievance, please contact us:
IPRO End-Stage Renal Disease Network of the South Atlantic
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Let's Start Healthy at Home Resource Package Reference Guide



How Do I Use These Resources?

Review all of the Home Modality Treatment Options Resources in your package and familiarize yourself with the various home modality treatment options and their benefits.

1. Engage patients in their care by educating them about their condition and their treatment options that will empower them to be involved in the decision-making process about their health.
2. Print and share the following home modality resources with patients and/or family member/caregivers.
 - ➡ ***Do you know your home treatment options?***
 - ➡ ***Home Hemodialysis (HHD) Trifold***
 - ➡ ***Peritoneal Dialysis (PD) Trifold***
3. Answer questions that are within your scope but do not give medical advice to patients. Always refer him or her to their physician for questions and further evaluation.



If I need assistance with the Home Modality Treatment Options Resource Package, who do I contact?

Contact your ESRD Network for additional information and resources.

IPRO End-Stage Renal Disease Network of New York

1979 Marcus Avenue, Lake Success, NY 11042

Patient Toll-Free: 800-238-3773

Main: 516-209-5578

Fax: 516-326-8929

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