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

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

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 you know your home treatment options?** **Patient Resource** – This resource provides the patient with educational information including the benefits about home treatment options.
Trifold Brochures provide patients with a More Comprehensive Review of each Home Dialysis Treatment Option:

- **Home Hemodialysis (HHD) Trifold** **Patient Resource** — This resource provides the patient with in-depth educational information about home hemodialysis.

- **Peritoneal Dialysis (PD) Trifold** **Patient Resource** — This resource provides the patient with in-depth educational information about peritoneal dialysis.

Tips for considering a Home Ridley:
- Assess your home environment.
- Consider your transportation needs.
- Evaluate your ability to prepare meals and manage medications.
- Discuss home dialysis with your provider.

**Comments from people on HHD:**
- "I was one of the first in her area to get trained at home HHD, and I am very happy with my treatment!"
- "It’s great to have the flexibility of being able to eat and drink when I want to.

**Do you know all of your treatment options?**

**Home Hemodialysis (HHD)**

- **Home Dialysis Center**
  - **Transplant...**
  - **In-center Dialysis...**
  - **Home Hemodialysis...**

**Peritoneal Dialysis (PD)**

- **The Needle-Free Option**
  - **Transplant...**
  - **In-center Dialysis...**
  - **Home Dialysis...**

**What are the different types of PD?**

- **NKF-APF** continuously monitors peritoneal dialysis, ESRD, and advanced renal replacement therapy (RRT) care. The treatment center’s dialysis nurses are responsible for providing patient education and support.

**What are the different types of HHD?**

- **NKF-APF** continuously monitors peritoneal dialysis, ESRD, and advanced renal replacement therapy (RRT) care. The treatment center’s dialysis nurses are responsible for providing patient education and support.

**Important things to consider...**

- **You can combine your activities while dialyzing:**
  - **You can work out or do other activities while dialyzing:**
  - **You need to avoid manual labor:**
  - **You need to avoid alcohol consumption:**
  - **You need to avoid aerobic exercise:**

For more information about the Needle-Free Option, please visit...

- **Dialysis: Finding Your Way at www.dialysis.org**
- **National Kidney Foundation: www.kidney.org**
- **National Kidney Center:**
  - **Colorado Kidney Center: 303-899-4000**
  - **10616 E. Grand Ave, Suite 400, Aurora, CO 80014**

To find a hemodialysis training center, please visit...

- **Dialysis: Finding Your Way at www.dialysis.org**
- **National Kidney Foundation: www.kidney.org**
- **National Kidney Center:**
  - **Colorado Kidney Center: 303-899-4000**
  - **10616 E. Grand Ave, Suite 400, Aurora, CO 80014**
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 the South Atlantic
909 Aviation Parkway, Suite 300, Morrisville, NC 27560
Patient Toll-Free: 800-524-7139
Main: 919-463-4500
Fax: 919-388-9637
Email: esrdnetwork6@ipro.us
Web: network6.esrd.ipro.org

Developed by IPRO ESRD Network of the South Atlantic while under contract with Centers for Medicare & Medicaid Services. Contract HHSM-500-2016-00006C