

Let's Start Healthy at Home Resource Package Reference Guide

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

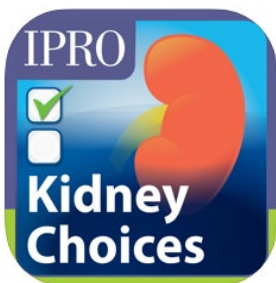


CKD - Screening 12+
Island Peer Review Organization, Inc
Free

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

Let's Start Healthy at Home Resource Package Reference Guide

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?

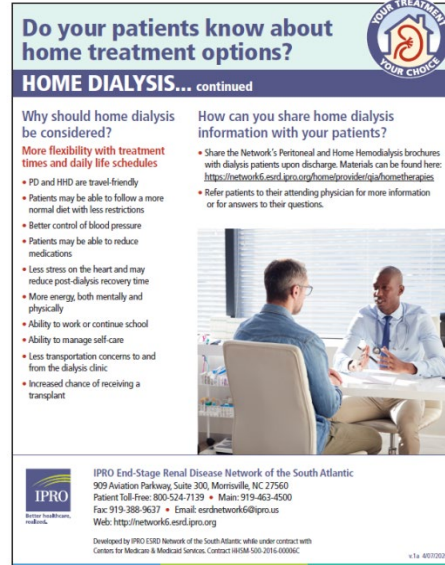
- One-on-one training is provided to patients until they feel comfortable and confident dialyzing at home.
- Home nurse support is provided 24/7.
- Lab work and evaluations performed through monthly visits at the home facility.
- Home nurse assistance with organizing the home to accommodate dialysis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

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

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End-Stage Renal Disease Network

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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?

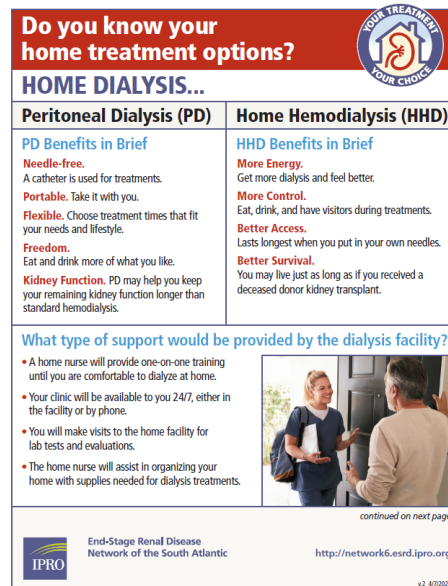
- Share the Network's Peritoneal and Home Hemodialysis brochures with dialysis patients upon discharge. Materials can be found here: <https://network6.esrd.ipro.org/home/provider/gia/home therapies>
- Refer patients to their attending physician for more information or for answers to their questions.

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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Developed by IPRO End-Stage Renal Disease Network of the South Atlantic while under contract with Centers for Medicare & Medicaid Services. Contract HHSOM-500-2016-00006C.

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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) |
|---|--|
| PD Benefits in Brief 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. | HHD Benefits in Brief 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. |

What type of support would be provided by the dialysis facility?

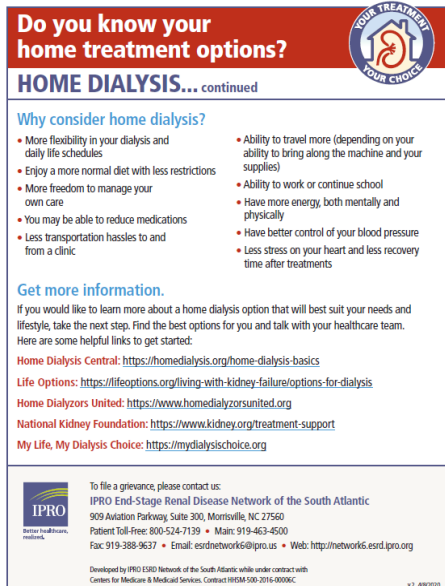
- A home nurse will provide one-on-one training until you are comfortable to dialyze at home.
- Your clinic will be available to you 24/7, either in the facility or by phone.
- You will make visits to the home facility for lab tests and evaluations.
- The home nurse will assist in organizing your home with supplies needed for dialysis treatments.

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

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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
909 Aviation Parkway, Suite 300, Morrisville, NC 27560
Patient Toll-Free: 800-524-7139 • Main: 919-463-4500
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Let's Start Healthy at Home Resource Package Reference Guide

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.



Tips for considering a Home Modality

- Research your many options.
- Think about your long-term goals.
- Involve your care partner in the planning process.
- Consider where you can place home dialysis equipment and supplies in your living space.
- Ask to speak with a patient who is dialyzing at home.
- Discuss any questions you may have with your healthcare team.
- Form a partnership with your care team.

Comments from people on HHD...

"I was one of the first in Hawaii to get trained for Home HD, and have been a big fan ever since! I really like how portable my machine is."

"I don't feel like a 'tick person' anymore. I'm proud to tell people that I do my own treatments at home!"

Do you know all of your treatment options?

Transplant...
In-center Dialysis...
Peritoneal Dialysis...
Home Hemodialysis (HHD)

Home Hemodialysis (HHD)
HHD removes blood from the body and cleans it in a dialysis machine that is smaller than the one used in a center. For hemodialysis, you will need a vascular (blood vessel) access. This is a location on your body where the blood is removed and returned.

Before you start HHD, you or your care partner will have to complete the training and be able to perform each step of the treatment correctly. Most people can complete training in three to six weeks.

What are the different types of HHD?
There are three types of HHD: Standard HHD, Daily HHD, and Nocturnal (night-time) HHD. These methods filter waste and excess fluids from your blood. All three methods are done at home.

Standard HHD is performed three times a week—or every other day—at home. You can choose your treatment days and time as long as you don't go without treatment for more than two days. Standard home HD takes about five to six hours per treatment, including setup and cleanup. It's best for you to get at least four hours of dialysis per treatment; more is better.

Daily HHD is performed five to six days a week. Daily home HD takes a few hours each treatment day. Since the machine is in your home, you can do treatments early in the morning, late at night, or any time that works best for you and your partner. Your treatments do not have to be the same time each day.

Nocturnal HHD is performed during the night while you sleep. Nocturnal HHD is very slow and gentle and easy on your heart.

Most people who do nocturnal HHD will dialyze every other day, or as often as four-to-six times per week. Research indicates that people who do longer HD treatments at home may live about three times as long as those who do standard HD in a clinic.

How do I get started on HHD?
The most important thing to consider in determining whether you are suited for HHD is how much you want to do it. As long as you and a partner can pass the training and learn to place your needles, you can succeed.

A nurse will teach you how to safely perform dialysis treatments, run the machine, and order supplies. He or she will come to your house, help you get a room set up, and will be there for your first home treatment to ensure that you feel confident. Afterwards a nurse will be on call 24 hours a day, seven days a week to help you and answer your questions.

Important things to consider...

- You can travel with your supplies.
- You will not need to visit a clinic three times per week. Most people require only a monthly visit.
- You will have more flexibility in setting your treatment schedule.
- With daily HHD, you may have fewer dietary and fluid restrictions.
- You will need a vascular access to perform the procedure.
- You will not have to worry about transportation concerns during inclement weather.

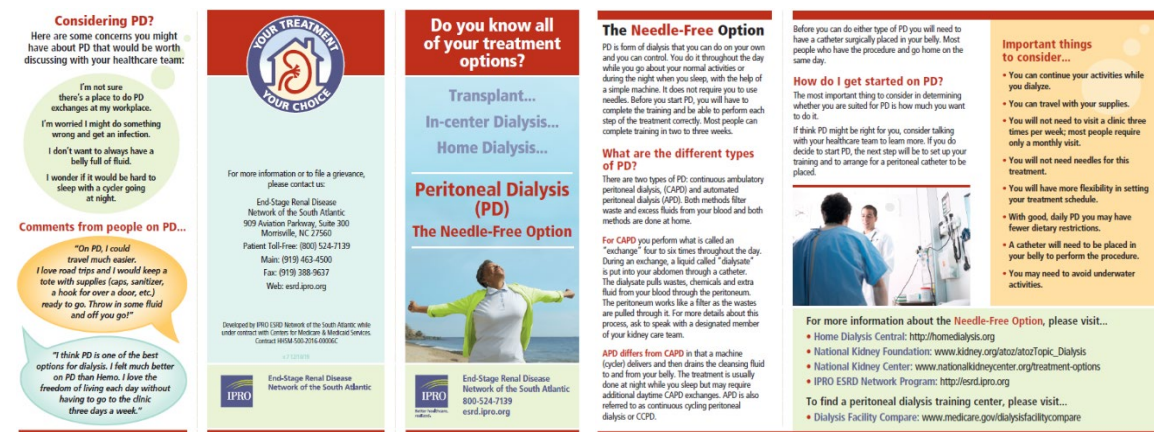
For more information about Home Hemodialysis Options, please visit...

- Home Dialysis Central: <http://homedialysis.org>
- National Kidney Foundation: www.kidney.org/atoz/topic_Dialysis
- National Kidney Center: www.nationalkidneycenter.org/treatment-options
- IPRO ESRD Network Program: <http://esrd.ipro.org>

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

- Dialysis Facility Compare: www.medicare.gov/dialysisfacilitycompare

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



Considering PD?
Here are some concerns you might have about PD that would be worth discussing with your healthcare team:

- I'm not sure there's a place to do PD exchanges at my workplace.
- I'm worried I might do something wrong and get an infection.
- I don't want to always have a belly full of fluid.
- I wonder if it would be hard to sleep with a cycler going at night.

Comments from people on PD...

"On PD, I could travel much easier. I love road trips and I would keep a tote with supplies (caps, sanitizer, a hook for over a door, etc.) ready to go. There is some fluid and off you go!"

"I think PD is one of the best options for dialysis. I feel much better on PD than Hemo. I love the freedom of living each day without having to go to the clinic three days a week."

Do you know all of your treatment options?

Transplant...
In-center Dialysis...
Home Dialysis...
Peritoneal Dialysis (PD)
The Needle-Free Option

The Needle-Free Option
PD is a form of dialysis that you can do on your own and you can control. You do it throughout the day while you go about your normal activities or during the night when you sleep, with the help of a simple machine. It does not require you to use needles. Before you start PD, you will have to complete the training and be able to perform each step of the treatment correctly. Most people can complete training in two to three weeks.

What are the different types of PD?
There are two types of PD: continuous ambulatory peritoneal dialysis (CAPD) and automated peritoneal dialysis (APD). Both methods filter waste and excess fluids from your blood and both methods are done at home.

For CAPD you perform what is called an "exchange" four to six times throughout the day. During an exchange, a liquid called "dialysate" is put into your abdomen through a catheter. The dialysate pulls wastes, chemicals and extra fluid from your blood through the peritoneum. The peritoneum works like a filter as the wastes are pulled through it. For more details about this process, ask to speak with a designated member of your kidney care team.

APD differs from CAPD in that a machine (cycler) delivers and then drains the cleansing fluid to and from your belly. The treatment is usually done at night while you sleep but may require additional daytime CAPD exchanges. APD is also referred to as continuous cycling peritoneal dialysis or CDPD.

Before you can do either type of PD you will need to have a catheter surgically placed in your belly. Most people who have the procedure and go home on the same day.

How do I get started on PD?
The most important thing to consider in determining whether you are suited for PD is how much you want to do it.

If think PD might be right for you, consider talking with your healthcare team to learn more. If you do decide to start PD, the next step will be to set up your training and to arrange for a peritoneal catheter to be placed.

Important things to consider...

- You can continue your activities while you dialyze.
- You can travel with your supplies.
- You will not need to visit a clinic three times per week; most people require only a monthly visit.
- You will not need needles for this treatment.
- You will have more flexibility in setting your treatment schedule.
- With good, daily PD you may have fewer dietary restrictions.
- A catheter will need to be placed in your belly to perform the procedure.
- You may need to avoid underwater activities.

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

- Home Dialysis Central: <http://homedialysis.org>
- National Kidney Foundation: www.kidney.org/atoz/topic_Dialysis
- National Kidney Center: www.nationalkidneycenter.org/treatment-options
- IPRO ESRD Network Program: <http://esrd.ipro.org>

To find a peritoneal dialysis training center, please visit...

- Dialysis Facility Compare: www.medicare.gov/dialysisfacilitycompare

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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

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