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** — This resource provides the patient with in-depth educational information about home hemodialysis.

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

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**Tips for considering a Home Modality**
- **Benefits:**
  - Home hemodialysis (HHD) allows patients to perform dialysis treatments at home, providing greater flexibility and convenience.
  - Peritoneal dialysis (PD) can be performed at home, allowing patients to maintain a more independent lifestyle.

**What are the different types of HHD?**
- Home hemodialysis (HHD) involves the use of a dialysis machine that removes waste products and excess fluid from the blood.

**Benefits:**
- Home hemodialysis (HHD) allows patients to perform dialysis treatments at home, providing greater flexibility and convenience.

**What are the different types of PD?**
- Peritoneal dialysis (PD) involves the use of a dialysis machine that removes waste products and excess fluid from the blood.

**Benefits:**
- Peritoneal dialysis (PD) can be performed at home, allowing patients to maintain a more independent lifestyle.

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**Important Things to Consider:**
- **For Home Dialysis:**
  - Patients must have a compatible home dialysis system and be trained in its use.

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*For more information about Home Hemodialysis Options, please visit...*
- Home Dialysis Central: https://www.homedialysis.org
- National Kidney Foundation: www.kidney.org/aphn
- National Kidney Center: www.assistant.org/section/hemodialysis
- IPRO: 1-800-528-7869

To find a home hemodialysis training center, please visit...
- Dialysis Training Center: www.dialysisnetwork.patientdirectory.com

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V.1. 7/9/2020. Let’s Start Healthy at Home 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 the Ohio River Valley
3201 Enterprise Parkway, Suite 210, Beachwood, OH 44122
Patient Toll-Free: 844-819-3010
Main: 216-593-0001
Fax: 216-593-0101
Email: esrdnetwork9@ipro.us
Web: network9.esrd.ipro.org

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