



# Home Dialysis Patient Telehealth Visit Checklist

## Important Topics to Cover During Your Monthly Clinic Visit Through Telehealth

### Did you know?

Once you have successfully dialyzed in your home for three months you may decide to use telehealth for two out of every three clinic visits with your dialysis team.

### Choosing to Use Telehealth for Home Dialysis.

The telehealth visit will include all members of the dialysis team including your doctor, nurse, social worker and dietitian to provide you with a complete monthly clinic visit without leaving your home. If you are unsure how to have a visit with your dialysis team using telehealth, ask your facility manager or social worker for educational resources or assistance.

### Be Prepared! Prior to the visit, collect this information to share with the home dialysis team

- Take and record current vital signs including your weight
  - Weight \_\_\_\_\_ Blood Pressure \_\_\_\_\_ Pulse \_\_\_\_\_ Temperature \_\_\_\_\_
  - Are there changes in your vital signs from your normal baseline now or during your treatment? Highlight any changes on your flow sheets.
- Identify any changes concerning your wellbeing and write them down, examples include sleep issues, changes in bowel habits, mental health concerns/ability to cope, or change in appetite, etc.
- Review your flowsheets and make a list of questions about your treatment that you want to discuss. Make sure you have access to your monthly electronic flow sheet records or paper copies.
- Your doctor may want to review the following items with you:
  - Number of treatments completed/week
  - Dialysis prescription
  - (PD only) Fill / drain volumes, % dextrose used, dwell times, and number of exchanges
  - Your vital signs before and after treatments
  - Symptoms during therapy
  - Alarms and your response to them
  - Dry weight assessment
  - Lab results
- Do you need any support handling
  - Machine problems
  - Supply issues
  - Your home set up
  - Dietary concerns
  - Insurance, transportation, financial, or social support issues
- Be prepared to show your dialysis team your access or catheter site using the camera on your device, such as a smartphone, tablet, or laptop (this may require a care partner to help with the camera.)
  - If you cannot do this, you could use a cell phone to take pictures and forward them to the team for review.





## Basic tips to help you make the most of your Telehealth Visit

- If possible ask someone to sit with you during the visit to act as a telehealth partner. This person could help you manage the technology (equipment, cameras) and also help you take notes.
- Log on to your device 10-15 minutes before your visit so you can set up your connection and test calling in. This will help ensure that any technical issues you might have are handled before your dialysis team is ready to begin the visit.
- Make sure that you can clearly hear the members of your dialysis team and that they can also hear you through the phone or computer.
- Let the team know how you are feeling about your treatment plan and about your overall wellbeing.
- Make sure you have a list of your current medications available throughout the visit, and ask for prescription refills as needed. When possible, have medicines delivered to your home and keep an available supply on hand in case of an emergency.
- If you are a diabetic, have blood sugar records available for discussion.
- Let your doctor know of any changes in appetite or bowel movements.
- Discuss any changes to your dialysis access including pain, swelling, discoloration, discomfort or problems with adequate flow.
- Identify any challenges with your diet, finances, mental health or need for social support.
- Discuss alternative treatment options (for example, home hemodialysis, peritoneal dialysis, or transplant).
- Ask for referrals if you need to see other clinicians (for example, for your vascular access, kidney transplant evaluation, and other specialists).
- If you are currently being evaluated for a transplant discuss the status of your work-up/evaluation.
- **Speak up:** Let the team know about any symptoms you are having that are out of the ordinary for you!
- Have a pad and pen handy to allow you to jot down notes and document changes to your treatment routine.

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### To file a grievance, please contact us: **IPRO End-Stage Renal Disease Network of New England**

1952 Whitney Avenue, 2nd Floor, Hamden, CT 06517  
Patient Toll-Free: (866) 286-3773 • Main: (203) 387-9332 • Fax: (203) 389-9902  
E-mail: [esrdnetwork1@ipro.us](mailto:esrdnetwork1@ipro.us) • Web: [network1.esrd.ipro.org](http://network1.esrd.ipro.org)

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HHSM-500-2016-00019C  
09/30/20 Version 1