Introduction to the National Patient and Family Engagement Learning and Action Network (NPFE-LAN) Home Dialysis Resources

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Uncovering Myths About Home Dialysis

The Myths vs. Reality booklet:

• Uncovers myths about:
  ▪ Peritoneal dialysis (PD)
  ▪ Home hemodialysis (HHD)

• Provides tips from patients about choosing a home modality

• Helps prepare patients to start a conversation about home dialysis with the healthcare team
Myths vs. Reality: PD

The booklet reviews topics such as:

- Infections
- Vision and hearing problems
- Body mass index
- Residual kidney fiction
- Storage space
- Lifestyle changes

![Myths vs. Reality: PD](image)

**Peritoneal Dialysis (PD)**

**Myth**

- You'll get an infection
- Routine abdominal surgeries, such as hernia repairs, C-sections, and some transplants, do not prevent PD as an option. Your doctor and surgeon will help you evaluate your options.
- Assist devices are available to help with most tasks involved in doing PD.
- A catheter placed differently into your abdominal cavity may be a better option. PD can still be done.
- You need to have a lot of space at home to do PD.
- A bath is not permitted unless you have a pre-renal catheter placement. A shower is permissible, and you will be taught how to care for your catheter site after your shower.

**Reality**

- Very low rates of PD infection are possible when close attention is paid to the causes of infections (an infection of your abdomen), along with training provided to patients on the procedures used to reduce the risk of infection.
- Kidney function will always be checked, but PD can be done without any kidney function.
- Kidney function will always be checked, but PD can be done without any kidney function.
- You do need some space for PD, but many people who live in efficiency apartments, trailers, and other small spaces find a way to make PD work if they want it.
- While all PD involves having a special fluid in your abdomen, you can choose how to handle the process, for example, manually or automated (while you sleep).
Myths vs. Reality: HHD

The booklet reviews topics such as:

- Access to health experts
- Risk of adverse events
- Level of burden on care partners
- Needed medical knowledge
- Required access type
Patient Tips for Choosing a Home Modality

1. Research your many options
2. Think about your long-term goals
3. Involve your care partner in the preplanning process
4. Consider how you can add home dialysis in your living space
5. Ask to speak with a patient who is dialyzing at home
6. Discuss any questions you may have with your healthcare team
7. Form a partnership with your care team
Starting the Conversation

The Myths vs. Reality booklet provides suggestions on how patients can start a conversation by asking questions of their healthcare team.
Home Dialysis Announcement

This announcement:

• Celebrates a patient’s decision to dialyze at home
• Helps patients to think, “If this patient can do it maybe I can too”
• Encourages conversations about home dialysis
• Provides closure by informing patients and staff why they may not see the patient at the clinic anymore
Health Status Release Form

A signed Health Status Release Form allows the clinic to:

• Inform others about a patient’s health status change, such as switching to a home modality

• Provide closure about why a patient is not coming to the center for dialysis
To access these resources visit: https://esrdncc.org/en/npfe-lan/