Patient Education Tips and Ideas

April 2019
Types of Education Activities

There are different ways to present education information to patients at your facility.

Education Station
FMC Dialysis of Golden Isles

Lobby Day
FMC East North County

Bulletin Board
Ridgeland Dialysis

Brainstorm with your facility contact on ways that you think will work best!
Getting Started

• Discuss which area of interest you are both planning to provide education on
  – Home Dialysis
  – Transplant
  – Vascular Access Planning
  – Blood Stream Infection
  – Vocational Rehab

• Brainstorm resources that you would both like to share with other patients

• Identify what materials such as board, paper, balloons, resource copies, etc. you would like to use to make the event eye catching

• Decide on a day/time to create or organize the lobby education activity
Education Station Tips

- Reserve space in the lobby for a station
- Make it visually appealing and colorful
- Use balloons, flags or signs to draw attention
- Set up on top of table that allow you to put loose material to grab
- Display patient success stories to support education
- Use images that represent the idea
- Use big fonts and words that everyone can understand
- Use our Education Station Facility Tip Sheet for more ideas
Bulletin Board Tips

- If your dialysis unit already has bulletin boards in the lobby, ask which one you could use (before taking any material down).
- Use big font, colors, and eye-catching images
- Create a contrast of dark text over light backgrounds or light text over black backgrounds to make it easy to read
- Give it a catchy and fun title to get people talking
- Place loose material to take in a folder stapled to the board or a table near it
- Consider working with your facility staff on refreshing it every so often on different topics!
Lobby Day Tips

• Invite a professional guest to come speak to patients at the lobby day
  – Transplant Coordinator
  – Home Dialysis Program Coordinator
  – Vascular Access Coordinator

• Plan the day and time with your facility staff to make sure that all or most patients have an opportunity to participate (e.g.: when morning patients are leaving and afternoon patients are arriving) and that they are available to support you

• Discuss talking points with your facility staff on information to be shared
  – Consider sharing your own experience with this topic!
Lobby Day Tips

• If coordinating with outside individuals (e.g.: Transplant Centers, Home Dialysis Staff, Vascular Access Center, patient support organizations), don’t forget to get the approval of your dialysis facility staff first. Every guest needs to be approved for security reasons.

• If planning on having refreshments, don’t forget to discuss with your dietitian for guidance and approval.

• Place hand sanitizer in the table, especially if shaking hands or giving out food.

• If you have capability of a Television or Laptop, consider playing an educational video.
Education Resources for Patients
Education Resources

• The Network has emailed to your facility the resources that are shown on the following slides by topic

• Your facility should be able to print these resources for you to read and extra copies to share with other patients

• Some of the resources require internet access or to download an app on your phone. These are optional for you and patients to use.
Transplant

Is a kidney transplant right for me?
Your guide to the transplant process

Why Transplant Is a Good Idea for Me!

1. Why would you want to consider a kidney transplant?

2. What is a kidney transplant?

3. What is the process of kidney transplantation?

4. What happens after a kidney transplant?

5. What are the benefits of a kidney transplant?

6. What are the risks of a kidney transplant?

Your Life, Your Choice
Stories from Kidney Transplant Patients and Donors

Get the Facts: Kidney Transplantation

Learn the facts about getting a kidney transplant and how it might affect you before you make decisions about your treatment.

End-Stage Renal Disease Network of the South Atlantic

esrd.ipro.org
Home Modalities

My Life, My Dialysis Choice Decision Making Tool for ESRD Patients

This tool was recommended by ESRD Network 8 Patient Subject Matter Experts and can be very helpful for ESRD Patients to learn more about managing kidney disease and learning about treatment options that fit your needs and lifestyle by addressing what matters to you. [https://mylifemydialysis.com](https://mylifemydialysis.com)

Dialyze to Live
Real stories about living on home dialysis

Word Search Puzzle: Peritoneal Dialysis

Did you know that Peritoneal Dialysis (PD) is a treatment option for people with kidney failure? PD is dialysis done through the abdomen (belly) and is usually done at home. PD is not for everyone, but it is important to know that it is an option that you can talk about with your renal healthcare team. Take this read ahead practice challenge and learn more about this treatment option.

Do you know all your treatment options?

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

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

If you’re considering PD as a treatment option, ask yourself these questions:
- Would you rather have a treatment without using needles?
- Would you like to be more free to travel?
- Would you like to have your dialysis fit better into your schedule?
- Do you want the control of doing your own treatment?
- Would it be a problem if you couldn’t take part in underwater activities?

MY CHOICE, HOME PERITONEAL DIALYSIS (PD)

Myths vs. Reality

Vascular Access Planning

**Lifeline for a Lifetime:**

Planning for Your Vascular Access

**VASCULAR ACCESS for HEMODIALYSIS**

**FISTULA**
- **BEST CHOICE**
- **PLACEMENT OPTIONS**
  - Forearm
  - Upper arm
  - Thigh

**FISTULA**
- **ADVANTAGES**
  - Long-lasting
  - No change of infection
  - Less chance of failure

**FISTULA**
- **DISADVANTAGES**
  - Clotting
  - Infection
  - Swelling
  - Frequent interventions required
  - May affect blood flow to the hand (Raynaud's Syndrome)

**GRAFT**
- **ALTERNATE CHOICE**
- **PLACEMENT OPTIONS**
  - Forearm
  - Upper arm
  - Wrist or loop
  - Thigh

**GRAFT**
- **ADVANTAGES**
  - Can be used for months after placement
  - Can be used when a fistula does not work
  - Can be used for patients with special health issues

**GRAFT**
- **DISADVANTAGES**
  - Clotting
  - Infection
  - Swelling
  - Lesion blood flow rate
  - Visual damage

**CATHETER**
- **EMERGENCY OR TEMPORARY ONLY**
- **PLACEMENT OPTIONS**
  - Forearm
  - Upper arm
  - Wrist or loop
  - Thigh

**CATHETER**
- **ADVANTAGES**
  - Can be used in an emergency
  - May have a short-term placement prior to initial use
  - Can be used while other access types are maturing

**CATHETER**
- **DISADVANTAGES**
  - Clotting
  - Infection
  - Swelling
  - Lesion blood flow rate
  - Visual damage
  - Designed for short-term use only

**Questions or Concerns about a Permanent Access?**

Let's Talk!

**Kidney Chronicles**

**How to Have a Healthy Vascular Access**

A healthy vascular access is important to help you get the best results with your dialysis. Whether your access is a fistula or a graft, you MUST check it every day. These checks will help catch any problems early and will help prevent your access from failing.

Once you learn these steps and practice them, it should take only one minute each day to complete the checks:

1. Look at the skin over your access and compare it to the skin around your access. If it looks all the same, you may have some swelling caused by the needle being too tight.
2. Listen to the sound made by the tube of your access by placing it next to your ear. The sound should remain the same from day to day.
3. Feel the vibration or pump known as the HgH and the feeling along the full length of the access. The tube and clamping should be the same every day.
4. If you notice any changes in the look, sound, vibration, or swelling of your access, report them to your healthcare team (physician, nurse, or technician).

For more information on checking your dialysis access, you can ask your health care team, go to http://www.esrdncc.org, or call 1-877-NKF-FISTULA (1-877-653-3478) to talk to a registered nurse or contact the Network.

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**ESRD NCC**
National Coordination Center
1-877-NKF-FISTULA (1-877-653-3478)
www.esrdncc.org

Questions or Concerns about a Permanent Access?

Let's Talk!

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Infection Prevention

**Know the Facts About Infection**

1. **TIP 1** Take care of your dialysis access site at home. Avoid scratching or picking it.
2. **TIP 2** Wash your hands often, especially before and after dialysis treatment.
3. **TIP 3** Wash or cleanse your dialysis access site prior to treatment.
4. **TIP 4** Know the steps you take when using the catheter for treatment.
5. **TIP 5** Know the signs and symptoms of infection and what to do if you think you might have an infection.
6. **TIP 6** Know what to do if you have any problem with the catheter.

**Conversation Starter to Prevent Infections in Dialysis Patients**

- **How does the facility maintain safe dialysis treatment?**
  - **How does this facility make sure that all patients receive the necessary care to prevent infections caused by hepatitis C, seasonal flu, and pneumococcal disease?**
  - **Does the facility screen all patients for hepatitis C?**
  - **Does this facility perform the test in a separate room away from dialysis patients with chronic infections?**

**Patients with Fistulas or Grafts**

- **TIPS to prevent Dialysis Infections**
  - **TIP 1** Take care of your dialysis access site at home. Avoid scratching or picking it.
  - **TIP 2** Wash your hands often, especially before and after dialysis treatment.
  - **TIP 3** Wash or cleanse your dialysis access site prior to treatment.

**Patients with Catheters**

- **TIPS to prevent Dialysis Infections**
  - **TIP 1** Know the steps you take when using the catheter for treatment.
  - **TIP 2** Know the signs and symptoms of infection and what to do if you think you might have an infection.
  - **TIP 3** Know what to do if you have any problem with the catheter.

**Patients and Visitors**

- **ASK FOR SAFE CARE**
  - **ASK FOR CLEAN HANDS**
  - **ASK FOR CARE FROM INFECTIONS**

**Clean Hands Count**

- **SPEAK UP FOR CLEAN HANDED CARE**

**To learn more visit**

www.cdc.gov/dialysis

**A simple checklist that will help you have a safe hemodialysis treatment.**

- **Before every hemodialysis treatment, you should:**
  - Check that the right side needle and correct tubing does not stick up your treatment. Disinfect a drug that leaks blood here setting.
  - Propose your name to your kidney doctor’s hemodialysis service.
  - Propose for any cleaning fluid that the blood is and the correct procedure concentration.
  - Tell your nurse or doctor if you have problems about how your kidney is feeling.
  - Tell your nurse if you have any problems about how your kidney is feeling.
  - Tell your nurse if you have any problems about how your kidney is feeling.
  - Tell your nurse if you have any problems about how your kidney is feeling.

- **For every hemodialysis treatment, your nurse or technician should:**
  - Wash your hands and put on new gloves before putting on your needles.
  - Check if you have been feeling and eating.
  - Check your access for good blood flow and any signs of infection.
  - Prepare your patient’s in your kidney doctor’s hemodialysis service.

**How can you protect yourself from infections?**

**Your Infection Prevention Guide**

- **Patients and Visitors**
  - **ASK FOR SAFE CARE**
  - **ASK FOR CLEAN HANDS**
  - **ASK FOR CARE FROM INFECTIONS**

**Clean Hands Count**

- **SPEAK UP FOR CLEAN HANDED CARE**

**To learn more visit**

www.cdc.gov/dialysis
Vocational Rehab

Learn the Terms: Vocational Rehabilitation

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

Vocational Rehabilitation: Answers to Your Questions

Explore the various programs offered by the Social Security Administration (SSA) assisting individuals with returning to the workforce, maintaining employment, and navigating the work environment.

Staying active and involved is an important part of a fulfilling life. Some kidney patients are able to continue to work in their jobs by making only minor changes after they are diagnosed. Other patients may need to look for new types of work.

Enrollment in a vocational rehabilitation agency or employment network may serve as a bridge for kidney patients in returning to the workforce.
Other Resource Websites

Discuss the following resources with your facility staff representative

National Kidney Foundation (NKF)
https://www.kidney.org/

American Association of Kidney Patients (AAKP)
https://aakp.org/

Centers for Disease Control and Prevention

Transplant Patient Story Video
http://ascenttotransplant.org/patients/

Home Dialysis Central
https://www.homedialeyasis.org/home-dialysis-basics

Ticket to Work Tutorials
https://choosework.ssa.gov/training/main/menu.html
Ideas and Inspiration
Transplant

DaVita- Huntersville

FMC- Roanoke Rapids Dialysis

FMC- Hiram Dialysis
Home Modalities

Triad Dialysis Center

DCI East Spartanburg

Fayetteville Dialysis
Infection Prevention

Rocky Mount Kidney Center

DaVita Durham West

DCI Blakey
Thank You

For more information:

Website: https://network6.esrd.ipro.org/

Email Address: info@nw6.esrd.net

Patient Toll Free Number: 800-524-7139