Home Dialysis: A Step-by-Step Approach

Midwest Kidney Network

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Goals of the Steps

• Identify a consistent process for health care team and patients to learn about home dialysis and navigate the steps to home dialysis as a treatment modality
• Identify specific steps where certain groups of patients might need extra resources to get to the next step
• Identify educational needs of in-center dialysis staff and CKD clinic staff to assist in patient education
Steps to Home Dialysis
Heath Care Team

Foundational Pre-Work
1. Discuss with senior leadership – obtain buy-in and support
2. Assess dialysis facility’s attitudes and perceptions of home dialysis
The Foundation

• Senior leadership
  – Is there a culture of promoting home dialysis?
  – Are there resources needed?

• Dialysis staff perceptions and attitudes
  – What barriers exist?
  – What strategies can address those barriers?
Step 1: Educate the Healthcare Team

*In-center Dialysis staff and CKD Clinic staff*

- Begin modality education pre-dialysis or during first week of dialysis
- Educational materials provided by the home dialysis team
- Visit home dialysis center and meet with home dialysis patient if possible
- Establish an on-going relationship among the home team, the in-center dialysis unit, and the CKD clinic
Step 2: Expand Views of Home Dialysis Candidacy

- Discuss and dispel misconceptions about who is a candidate for home dialysis with the in-center staff, CKD clinic staff, and nephrologists
- Review case studies and patient stories to highlight strategies for overcoming perceived barriers
Step 3: Track Patient Status Through the Home Dialysis Referral Process

• In-center and home staff collaborate and document where the patient is in the decision making process

• Discuss with the patient what resources are needed to assist in the decision and provide needed contact information
  – Surgical consult; visits with home dialysis staff, social worker, physician
Step 4: Find Teachable Moments During Transitions of Care

- Revisit home dialysis discussions with patients at care transitions such as stage 4 CKD, new to dialysis, new to facility, loss of kidney transplant, or change in vascular access type
- Revisit home dialysis discussions during life transitions such as family status, moving, and employment
- Respect the time it takes for patients to decide
- Offer peer mentors to assist patients with navigating the home dialysis decision process
Step 5: Address Barriers and Challenges

• Identify special needs of specific patients such as marital status, family support, employment, housing

• If possible, provide the necessary resources to meet the patient needs, such as additional emotional support, peer mentors, identifying supply storage solutions
Step 6: Measure Quality

• Monitor movement to home dialysis using a tracking system for education, decision making, access placement, successful transition to home

• Conduct root cause analysis to determine specific barriers for patients who do not successfully transition to home, pilot new strategies as necessary
Step 7: Collaborate with Stakeholder Organizations

Identify and implement best practices

- Medical Education Institute
- Home Dialysis Central
- American Association of Kidney Patients
- National Kidney Foundation
- Other home dialysis programs
Step 8: Evaluate

- Assess if current resources are sufficient to help patients understand home dialysis
- Set facility-specific goals and monitor progress
- Focus group of patients to evaluate the steps taken
- If not home, why not?
Steps to Home Dialysis Patient/Family

1. Learn about home Dialysis Options
2. Identify Patient and Family Goals
3. Interview Home Dialysis Staff and Home patient
4. Schedule Visit to the Home Dialysis Center
5. Identify Potential Special Needs
6. Prepare for Training
7. Training – Patient and Family
8. Evaluate

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Step 1: Educate Patient and Family about Home Dialysis

- Provide educational material in a format that patients can understand. Consider language, culture, visual, or hearing concerns.
- Have patient/family attend options class if available.
- Include social worker to identify and address psychosocial concerns.
- Have patient/family meet with nephrologist to discuss specific medical/surgical concerns that will need to be addressed before going home.
Step 2: Identify Patient/Family Goals

- Ask “What matters to you?” For example, work, family time, illness burden, transportation, traveling
- Align patient priorities and goals with the discussion on which home modality will meet their needs
Step 3: Interview with Home Dialysis Staff and Patient (if available)

- Learn specifics about types of home dialysis and advantages/disadvantages of each
- Learn the training procedure and home dialysis support after training
- Understand changes in diet and fluid balance as a result of home dialysis
- Learn firsthand from a home patient what home dialysis is really like – home staff to schedule as available
Step 4: Visit the Home Dialysis Center

- Meet staff and see equipment for CAPD, CCPD, and home hemodialysis
- Discuss process for each type modality
- Allow time to discuss questions and correct any misconceptions that the patient or family might have
Step 5: Identify Potential Special Needs

Identify specific needs such as:

• Health literacy concerns
• Cultural concerns that might have an impact on training
• Work schedule
• School/college schedule
• Travel needs
• Transportation
• Childcare
Step 6: Prepare for Training

- Home visit – identify special needs the patient might have such as power, cleanliness, supply storage, etc.
- PD catheter placement
- Permanent access for home hemodialysis if necessary
- Arrange training schedule and assist with transportation if necessary
Step 7: Training for Patient and Family

- Insure that all training materials take into consideration the patient’s reading level, language, and comprehension
- Implement any adaptations to the training process that might be needed by the patient or family
Step 8: Home – Evaluate Process

• Interview patients (CKD, Home, In-center) to see if their needs are met in learning about dialysis at home

• Interview staff on perceptions of patients receiving information about home dialysis at the right time and in the right format

• Consider how the experience in learning about and adjusting to home dialysis can be improved for family and friends