



## Resources

### Course 1: Welcome to Peer Mentoring

There are no resources referenced in this course.

### Course 2: Mentoring to Support Choices

There are no resources referenced in this course.

### Course 3: ESRD Overview

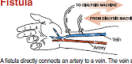
#### Hemodialysis Vascular Access

Hemodialysis cleans your blood through a fistula, graft, or catheter, so you can discuss which option is best for you with your doctor.

**Hemodialysis Vascular Access**

Hemodialysis cleans your blood through a fistula, graft or catheter. If you have kidney failure, one of these will be your **LIFELINE!**  
Talk with your doctor to decide which type of vascular access is best for you.

**Fistula**



A fistula directly connects an artery to a vein. The vein stretches over time, allowing needles to be put in it. **Fistulas are the gold standard for hemodialysis.**

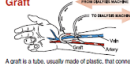
**Advantages**

- ✓ Permanent
- ✓ Doesn't leak
- ✓ Lasts longest, up to 20 years
- ✓ Provides greater blood flow for better treatment
- ✓ Fewer infections & other complications
- ✓ Fewer hospitalizations
- ✓ Better survival (lower risk of dying than patients with catheters)

**Disadvantages**

- ✗ May not mature/develop
- ✗ Not possible for all patients
- ✗ Usually cannot be used for at least 6-8 weeks

**Graft**



A graft is a tube, usually made of plastic, that connects an artery to a vein, allowing needles to be put in it. Grafts are the second best way to get access to the bloodstream for hemodialysis.

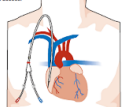
**Advantages**

- ✓ Permanent
- ✓ Better than skin
- ✓ May be used after 2 weeks, in some cases
- ✓ May work in patients with poor veins

**Disadvantages**

- ✗ Increased hospitalizing
- ✗ Increased risk for clotting
- ✗ Increased risk for serious infections
- ✗ Increased risk for other complications and repair procedures
- ✗ Does not last as long as a fistula

**Catheter**



A catheter is a tube inserted into a vein in the neck or chest to provide vascular access for hemodialysis. The tube sits in your blood. It is usually a temporary access. It is the third choice for getting access to the bloodstream for hemodialysis. For some patients it is the only choice and it will need to be used as a permanent access.

**Advantages**

- ✓ Can be used immediately after placement

**Disadvantages**

- ✗ Higher infection rates, which can be very serious or fatal
- ✗ Increased hospitalizations
- ✗ Does not last long, usually less than one year
- ✗ May require longer treatment times
- ✗ Frictional wear may lead to inadequate dialysis
- ✗ Cannot shower without special appliance
- ✗ High rate of clotting requiring frequent procedures
- ✗ Risk of electrolyte imbalances

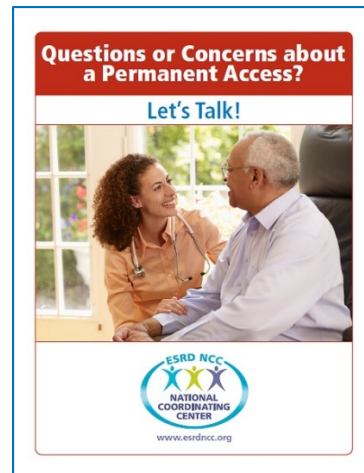


# Peer Mentoring Education Program Resources



## Questions or Concerns About Permanent Access

This document provides guidance on permanent accesses and how to be an active participant with your healthcare team.





# Peer Mentoring Education Program Resources



## Course 4: Discussing Home Dialysis as an Option

### Consider Your Dialysis Choices: Choosing the right option for you!

This document discusses what the patient needs to consider before choosing home hemodialysis, peritoneal dialysis, or in-center dialysis.

**Consider Your Dialysis Choices: Choosing the right option for you!**

Choosing a treatment option for your kidney failure is a personal decision. It is important that your choice supports your lifestyle and values. The right treatment for you depends on these factors and on your medical condition.

Learn more about your dialysis options to choose the treatment that's best for YOU! This tool will help you review the different dialysis options that may work for you and what you may need to consider.

Would you like other resources to help you make this choice?

Please visit the "My Life, My Dialysis Choice" online tool offered by Medical Education Institute, Inc. (MEI) to help you learn more about dialysis treatment options.

Visit: <http://mylifeanddialysis.org/>

You may also want to consider kidney transplantation as an alternative to dialysis. Visit the ESRD NCC website at <http://esrdncc.org> to learn the facts about transplant and what the process involves.

## Course 5: Discussing Transplant as an Option

### Get the Facts: Kidney Transplantation

These documents provide facts about getting a kidney transplant and how it might affect you.

**Get the Facts: Kidney Transplantation**

A kidney transplant is an operation during which someone gets a new kidney. The new kidney comes from another person. The person giving the kidney is called a donor.

**What do I need to know about getting a kidney transplant?**

- The transplanted kidney cleans your blood the same way that your kidneys did when they were healthy.
- Only one kidney is transplanted. A person can live a healthy life with only one working kidney.
- Your doctor will send you to a transplant center. You will be checked by a transplant team.
- You must be healthy enough to have the surgery. You must also be able to take medicines to help your body accept the new kidney.
- The donor kidney must match your blood and tissue types.
- You will be put in a waiting list to get a kidney from a living kidney donor. This is because more people need kidneys than there are kidneys available. You can be on more than one waiting list, even one in a different state, if you are able to travel.

**Types of Kidney Donors**

A living donor can be a family member. Or a living donor could be someone who is not related.

- The donor is checked by the transplant center to make sure he or she is healthy enough to donate.
- The center also makes sure the donor is offering his or her kidney willingly, without pressure from anyone.

A non-living donor is someone who has recently died.

- The person has agreed to donate before passing away.
- Or the family agrees to donate the kidney of the family member.

**How will my life change after I get a transplant?**

- Once you receive a transplant, you will need to see your care team on a regular basis.
- They may need you to stop or start new kidney pills.
- Your diet may change when you receive a transplant. Talk to your dietitian for more information.

**How will I pay for my kidney transplant?**

The costs include all your medical care until you are able to leave your care team.

- Medicare typically covers 80 percent of the costs. This is only if the transplant is done in a hospital approved by Medicare to do kidney transplants. If you have private insurance, you should check with your insurance company to see what costs are covered.
- You will need to take medicines to lower the chance of your body rejecting the transplant. The costs of these drugs may not be covered.

**What are some outcomes of a kidney transplant?**

- Your overall health and quality of life may improve.
- Complications can happen with any surgery. Speak to your transplant care team about other health dangers with a kidney transplant.
- Your body may reject the kidney. Talk with your transplant care team about this.

## Course 6: New to Dialysis

### How Do You Get an Infection?

This document provides guidance on how infections are transmitted and what you can do to protect yourself.

**How do you get an infection?**

**What you need to know to protect yourself!**

Germs live both inside and outside the human body. Not all germs are bad. Infections happen when "bad" germs enter your body or when other germs go where they are not supposed to be. There are many good germs that help our bodies stay in balance and actually work to build our immune (or protective) systems. However, the bad germs are the cause of illnesses like the flu.

Germs live everywhere. You can find germs in the air on food, plants and animals, in soil and water — on almost every other surface, including your body.

You cannot see germs with your eyes. You would need a microscope.

Knowing how germs work can help you avoid infection. If you do get an infection it's important for your healthcare team to know what type of germ is causing the infection. They can then determine the right treatment for your type of infection.

The three main types of germs that are the biggest cause of infections in kidney patients are:

- Bacteria** – Responsible for many infections in kidney patients. Examples are infections in your blood called "sepsis" or "fungi," pneumonia, and for peritoneal dialysis patients, infections in the belly called "peritonitis."
- Viruses** – Most often known for causing colds and the flu as well as gastrointestinal problems.
- Fungi** – Not as common in causing infections but can cause an infection under a dressing or in a peritoneal dialysis patient's catheter.

**How do germs get into my body to cause an infection?**

Since germs are everywhere, there are many different ways they can enter your body and cause an infection.

- Germs can travel in the air on droplets of water or dust and enter your mouth and nose. For example, tiny droplets of water from a person's cough can carry a germ into your body when you breathe in that air.
- You can get germs by touching a surface that has germs on it or having close contact with someone who has an infection. If you then put your hand to your mouth to eat something, the germ can get into your body.

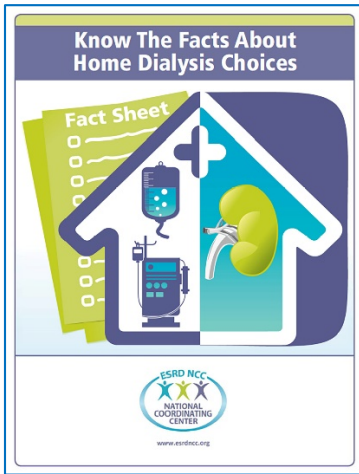


# Peer Mentoring Education Program Resources



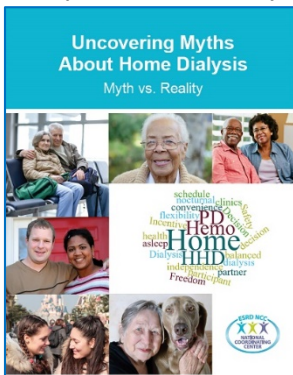
## Know the Facts About Home Dialysis

This document outlines the treatment options for home dialysis.

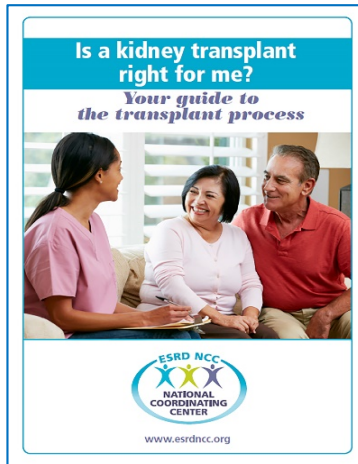


## Uncovering Myths About Home Dialysis

This booklet highlights common myths and facts about home hemodialysis and peritoneal dialysis.

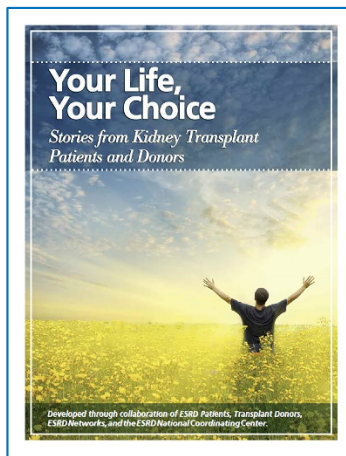


## Is a Kidney Transplant Right for Me?



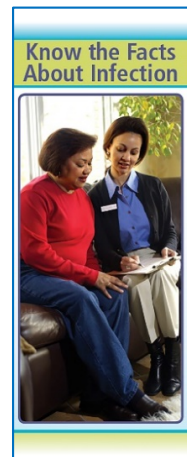
## Your Life, Your Choice

This booklet contains real-life stories of kidney transplant recipients and donors, as told in their own words.



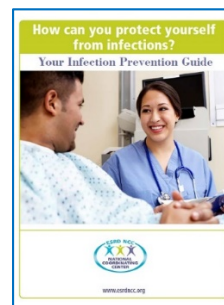
## Know the Facts About Infection

This document provides some basic facts about infections and how to prevent them.



## How Can You Protect Yourself From Infections?

This document provides guidance on how you can protect yourself from infections.






# Peer Mentoring Education Program Resources



## Options for Dialyzing at Home

This flyer briefly reviews the different types of home dialysis.

### Options for Dialyzing at Home



Dialysis can be done in a facility or in the home. There are two types of home dialysis: hemodialysis and peritoneal dialysis. Your healthcare team can help you decide which type of home dialysis treatment is best for you.

#### Home Hemodialysis Dialysis

In hemodialysis, blood is pumped out of the body to a machine that acts as a kidney. The machine cleans the blood. The cleaning is called filtering. The blood is returned to the body after it is cleaned. Hemodialysis can happen in a facility. Or it can be done at home. It is done the same way wherever it takes place. When a person can get hemodialysis at home, that person's family or a friend can help. Your doctor will decide the length of your home treatments.


**There are three types of home hemodialysis:**

- Standard home hemodialysis
- Daily home hemodialysis
- Nocturnal (night-time) home hemodialysis

**Getting started**

A nurse will teach you how to safely perform dialysis treatments, run the machine, and order supplies.

He or she will come to your house, help you get a room set up, and will be there for your first home treatment to ensure that you feel confident.



*This picture shows a home hemodialysis machine at bedside.*

Afterward, a nurse will be on call 24 hours a day, seven days a week to help you and answer your questions.

Talk to your healthcare team if you are interested in starting home hemodialysis.

**Things to consider:**

- Research your many options.
- Involve your care partner in the planning process.
- Consider where you can place home dialysis equipment and supplies in your living space.
- Discuss any questions with your healthcare team.

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