

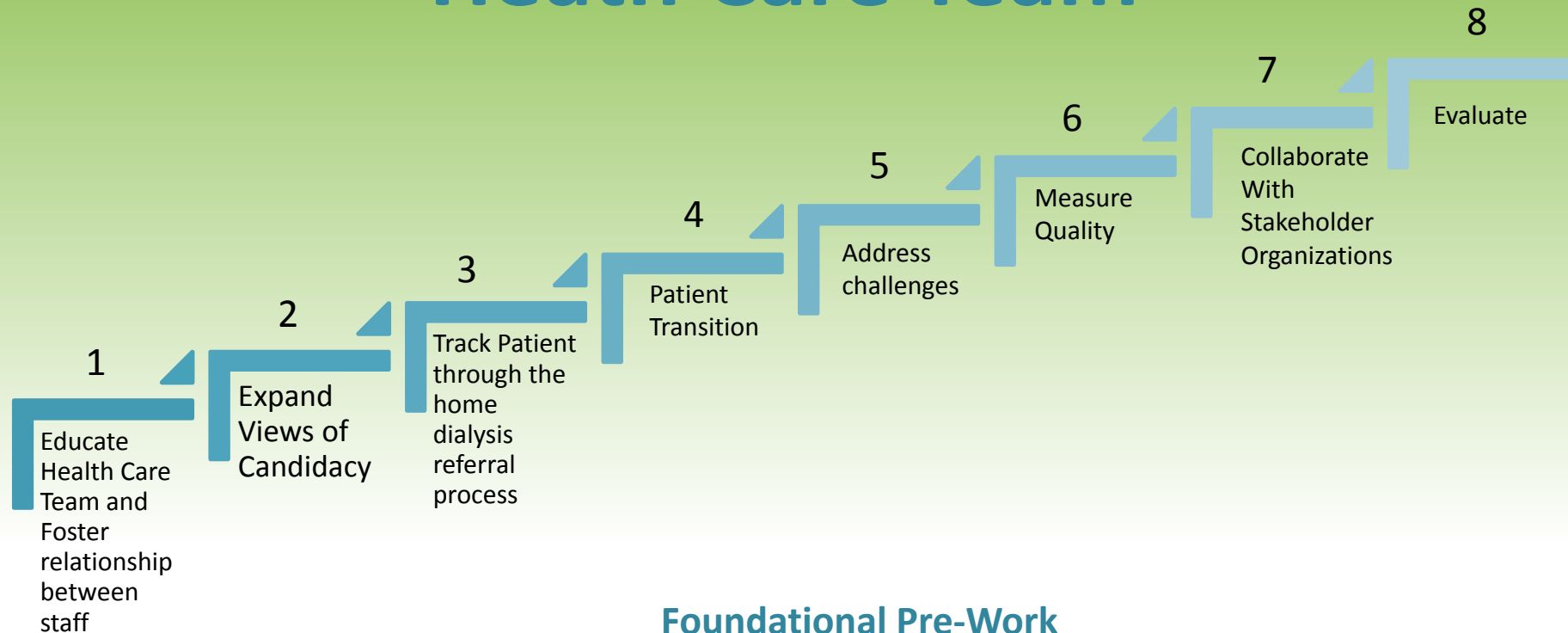
# Home Dialysis: A Step-by-Step Approach

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 Health 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

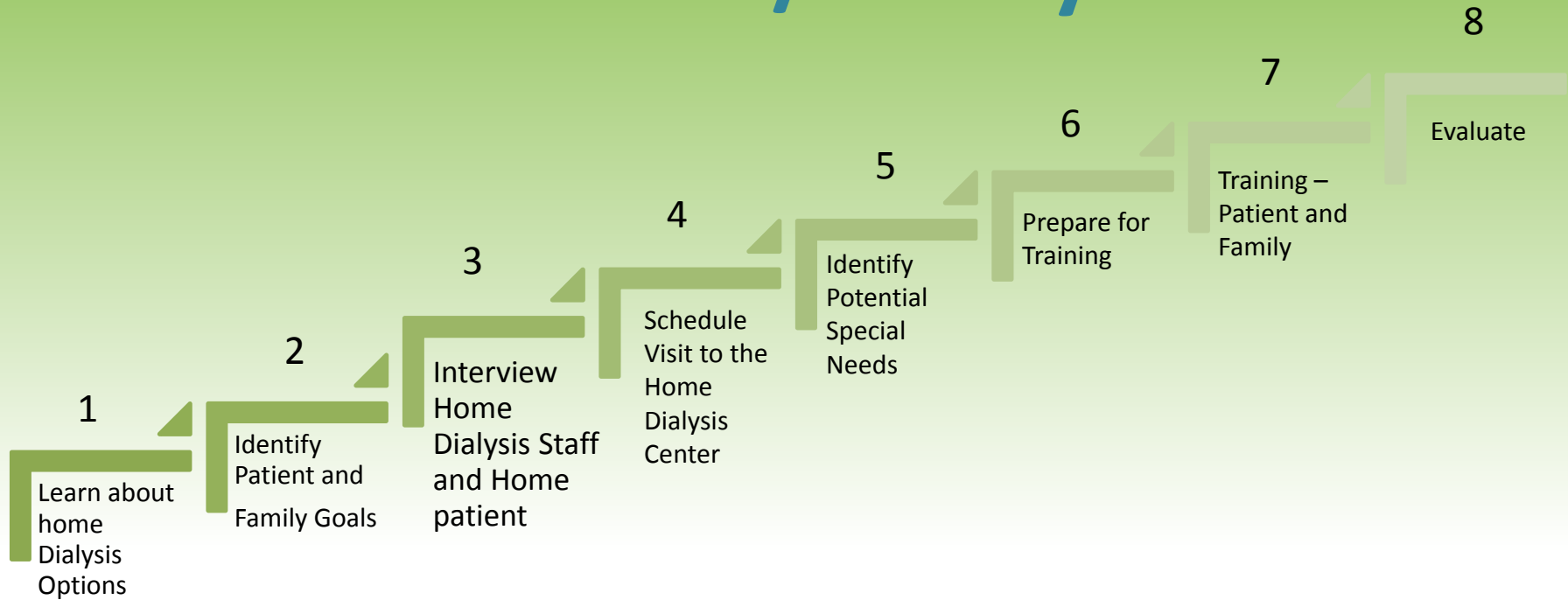
Identify and implement best practices

- 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



# 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