



Home First Approach: A Resource for In-Center Hemodialysis Units

There is no place like home! It is important to educate patients on all their options for treatment, especially when it comes to dialyzing at home. The benefits of dialyzing at home can help a patient's physical, social, and mental health. It allows a patient to be engaged in their healthcare and adds to their quality of life. Here are some ways that your facility can use a home first approach when educating a patient that home dialysis is an option.

Transitional Care Units (TCUs)

TCUs offer a patient-centered educational program that allows the patient to experience the benefits of a home modality. This program usually lasts about four weeks, but is usually based on patient needs. Staff are able to work with patients and introduce them to the benefits of more frequent dialysis, focus on addressing fears and preconceived ideas about dialysis, and educate them on treatment options. For more information on how your facility can offer a Transitional Care Unit please contact the ESRD Network at Qsource-Qldept@qsource.org.

Trial Run Programs In-Center

Set up a home dialysis area in your in-center dialysis facility; then have a patient come in five days a week (with physician approval and orders). This will allow them to experience how much better they can feel with more frequent dialysis. You can also assist patients with self-cannulation to help them realize that this can be done on their own. Connect a patient with a home modality advocate so that they can learn more about home dialysis through the eyes of a patient. Work with your home unit to let patients meet home staff and learn more about the home program.

Communicate With Area Hospitals

- Work with your hospital Dialysis Acutes Team to educate patients about treatment options for urgent start patients.
- Work with the management team of the nephrology unit at your area hospitals. Ask them about their current processes and patient resources for treatment options.

Peer Mentoring

One of the best ways to learn more about how to live well with kidney disease is to hear from the experts—kidney patients. Have your in-center patients speak with a current home dialysis patient. Create a list of talking points that can be discussed between patients.

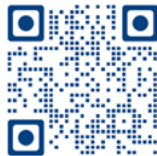
Resources

Click on the links below or use your smartphone or tablet to scan the QR codes and download these resources.



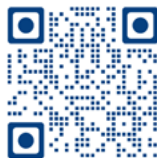
Home Dialysis Is Possible! (staff resource)

<https://tinyurl.com/yc4zjnu>



A Systematic Approach to Promoting Home Dialysis During End Stage Kidney Disease (journal article)

<https://tinyurl.com/32aecssc>



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