

# My Plan: “All About You Review”

Living with kidney disease involves more than just dialysis—it affects your entire life. To help you have the best quality of life possible, a treatment plan or “plan of care” is required for all dialysis patients. In order to develop your plan, you have an opportunity to meet with your entire care team to talk together about your concerns, set goals, and look at different parts of your treatment that could affect how you feel. Heartland Kidney Network patients have renamed the plan of care meeting to the “All About YOU Review” because it is just that— it is all about how you are doing and your personal goals to improve your health and quality of life. Here are some of the basics of plan of care and what you may expect when you participate in the meeting with your care team.



**Who:** YOU, your entire care team including your kidney doctor, a nurse, dietitian and social worker, as well as anyone else that you would like to invite as part of your support team (family, care partner, or friend).

**When:** If you are a new patient, this takes place at 30 and 90 days after you start dialysis in order to help you adjust to your new lifestyle. From there, the “All About YOU Review” takes place at least once a year. However, you can ask for or your care team can set up additional meetings if you have any changes in your health or life.

**Where:** Your clinic should offer a private space to have your “All About YOU Review” outside of your treatment time. However, some patients choose to have their meeting during treatment or attend the meeting by phone.

**What:** Also known as your plan of care meeting, this is the time designated just for YOU to work with your care team to create goals for your life and health. This is not a meeting to summarize what you have already heard during other regular talks with each member of your care team. It truly is an “All About YOU Review” where you talk about how everyone’s information can help you meet your goals.

**Why:** YOU are the key member of your healthcare team. By becoming more engaged in your care, your care team will have a better understanding of your personal needs and can make your care more individualized. This is your chance to ask questions, talk about your concerns, and share your personal goals with your entire care team all at once. By working together, your care team can offer support and help YOU make a plan to do and achieve what is most important to YOU.

## What Is Reviewed?

- Your concerns, needs, wishes, and goals must be considered in making decisions about the plan of care.
- Each member of your care team will share some results from their individualized assessment of your treatment. This includes:
  - Amount of dialysis
  - Nutrition status
  - Mineral and bone metabolism
  - Anemia
  - Vascular Access
  - Psychosocial status
  - Treatment choice (home dialysis and transplant status)



## My Questions

### Ask Your Care Team:

- When is my next plan of care meeting?
- Who can I talk to if I want to ask for one?
- When are meetings scheduled?
- Can I bring someone with me?

