

## MY TREATMENT

- Am I getting enough dialysis? What signs should I look for?
- Are my lab values where they need to be? What can I do to improve them or keep them at a good level?
- Can you explain any changes to my medication or dialysis treatment?
- If I'm afraid of needles, what can I do to help with the pain?
- How can I tell if my fistula is getting the proper flow?
- Where can I get more information to keep learning about my kidney disease and dialysis treatment?

## MY DIET

- Why is it important for me to follow a renal diet?
- If I change my treatment type, will my diet change?
- What tips do you have to help me control my fluids daily?
- How can I change my diet to eat more of what I like?
- Where can I find some new kidney friendly recipes?

## MY CARE TEAM

- What does each member of my care team do?
- What can my care partner or family do to help?
- How do I contact my care team when I need them?
- How can I best take part in my care?
- What is a plan of care meeting and what happens during it?
- Why would it be helpful for me to attend my plan of care meetings?
- What can I do if I think a member of my care team is not doing their job well or is not caring about my needs?
- What can I do if I don't feel safe or comfortable at my dialysis clinic?



For more information or to file a grievance please contact the Heartland Kidney Network at:  
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End-Stage Renal Disease (ESRD) #12 Network Coordinating Council, Inc. dba Heartland Kidney Network. This resource was created, developed, compiled, etc. while under contract with Center for Medicare and Medicaid Services, Baltimore, Maryland. Contract #HHSM-500-2013-NW012C. The contents presented do not necessarily reflect CMS policy.

**My Life, My Choices:  
Knowledge is Power**



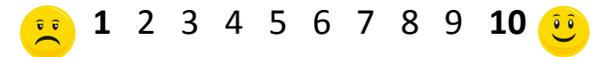
## MY QUESTIONS & GOALS

**My Questions & Goals** was made for you to use when meeting with any member of your dialysis care team. Choose the questions that you would like to talk about. Asking questions and sharing your concerns with your care team will help you to work together to set goals and make a plan so you can live the best life possible on dialysis.

1. I would say my current quality of life is a (circle one):



2. I would like to be at a (circle one):



3. Right now, I'm worried the most about:

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## MY LIFE

What is most important to me in my life is: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

My current goal is to: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

- What can I do to make it easier to fit dialysis into my life?
- What lifestyle changes can I make to be as healthy as possible?
- If dialysis is impacting my mood or quality of life, who is the best member of my care team to talk to?
- What can I do if dialysis is impacting my sex life?
- What do I need to do to go back to work or to continue working?
- How can I continue or start to do the things I enjoy again?
- Can I still travel? How do I plan for it?
- Is there another patient that I can talk to about coping with dialysis?
- My question is: \_\_\_\_\_  
\_\_\_\_\_.

## MY TREATMENT CHOICES

- What are the advantages and disadvantages of:
  - ◇ Hemodialysis (in-center, home, and nocturnal)
  - ◇ Peritoneal dialysis (manual and cyclor)
  - ◇ Kidney transplant
- Which treatment(s) may be best for me with my medical status and lifestyle?
- What do I need to do if I want to do dialysis at home?
- Can I try a different type of dialysis to see if that is a better choice for me?
- What is a fistula? What are the benefits of having one?
- What is the buttonhole technique? Can I be taught to do my own needle sticks?
- Am I a candidate for a kidney transplant? What do I need to do?
- What happens if I decide I want to stop dialysis?
- What can I do to make sure my wishes about future medical care are known?
- Who can help me with my advanced care planning?

## MY HEALTH

- I have had the following problems keeping me from living my life like I want:
  - ◇ muscle cramps
  - ◇ light-headed/dizziness
  - ◇ itchy/dry skin
  - ◇ pain
  - ◇ sick to stomach/vomiting
  - ◇ shortness of breath
  - ◇ swelling
  - ◇ decreased sexual functioning
  - ◇ metallic taste in my mouth
  - ◇ feeling depressed or very nervous
  - ◇ no energy/wiped out
  - ◇ no appetite
  - ◇ trouble sleeping
  - ◇ personal appearance concerns
- Can you tell me why I might be feeling this way?
- In order to feel better, I would like to address my problems by:
  - ◇ attending my next plan of care meeting
  - ◇ talking with my dietitian/social worker/nurse (circle which one)
  - ◇ making an appointment to see my nephrologist
  - ◇ other: \_\_\_\_\_  
\_\_\_\_\_