

Topic of the Month

My Treatment: Treatment Matters

Step 1: Plan

Review the following Network and community resources to plan a patient engagement activity to provide patients with information on what they can do to get the most of their treatment by eating well, managing their fluids and getting their full treatment.

Network Resources

- [My Kidney Kit](#) - All pages are available in English and Spanish. Highlighted MKK “My Choices” pages include:

- [My Treatment: Albumin](#)
- [My Treatment: Am I Getting Enough Dialysis?](#)
- [My Treatment: Fluid Weight and Dry Weight](#)
- [My Treatment: Knowing My Lab Numbers?](#)
- [My Plan: How do I control my fluid gains?](#)
- [My Treatment: Renal Bone Disease](#)



- [Minutes Matter- Risks of Shortened and Missed Treatments](#) (handout) explains why it is important to get your full dialysis treatment as prescribed by the doctor.
- [The Facts About Fluid- Frequently asked Questions](#) (handout) includes answers to common questions regarding fluid management for dialysis patients.



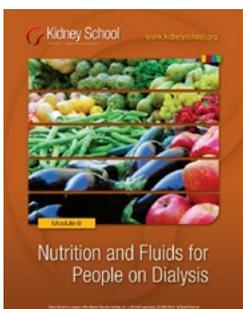
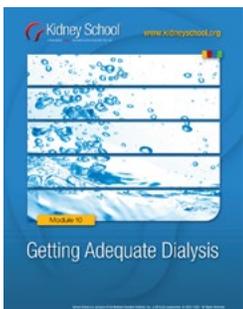
- [Tips to Help Control Fluid](#) (handout). This Network handout shares some ideas on how to control fluid intake.

• [Patient Engagement Showcase](#)

- The “My Treatment” section has examples of patient engagement activities that have been done in clinics throughout the Network.
- Fluid Control Challenge includes ideas from clinics that shared their activities to help patients manage their fluids.



Kidney Community Resources



- **American Association of Kidney Patients** | www.aakp.org
 - AAKP Nutrition Counter ([English](#) | [Spanish](#)) this handout is a reference guide for the general dietary recommendations for most people with kidney disease.
 - Kidney Friendly Recipes are [available for download](#) and in books to be purchased.
 - Potassium Fact Sheet ([English](#) | [Spanish](#)) this handout is an overview of potassium and why kidney patients need to know their potassium levels.
 - [Pocket Guide to Managing High Potassium](#) is a tool to help patients and their caregivers to have more effective dialogue with their healthcare team on hyperkalemia.
- **Dialysis Patient Citizen – DPC Education Center** (www.dpcedcenter.org) offers information on their website on how to manage elements of your [nutrition](#) including calcium, fluid, phosphorus, potassium, protein and sodium; reading food labels, ideas for cooking at home, dining out and food substitutions.
- A Guide to a Healthier You ([English](#) | [Spanish](#)) this handout from the ESRD NCC provides a quick overview of what you need to know about your dialysis treatment.
- **Medical Education Institute, Inc.** | www.meiresearch.org
 - [Just the Facts: Fluids and Dialysis](#) This Life Options handout provides some basic information on fluids and dialysis and helpful tips and questions to ask.
 - [Kidney School](#) offers online courses to help people with kidney disease to stay as healthy as possible.
 - Module 9: Nutrition and Fluids for People on Dialysis.
[View Online](#) | Download in [English](#) or [Spanish](#).
 - Module 10: Getting Adequate Dialysis.
[View Online/](#) Download in [English](#) or [Spanish](#).
 - “[Let’s Talk about Fluids](#)” Free Mini-Movie on Fluids for Dialysis Patients. This YouTube video series was developed with ESRD Network 15 and is available in [English](#) and [Spanish](#).
- **National Kidney Foundation** | www.kidney.org
 - Nutrition information is included for hemodialysis, peritoneal dialysis and transplant patients including managing phosphorus, potassium, protein and sodium:
 - [If you need to limit phosphorus](#) (handout)
 - [If you need to limit potassium](#) (handout)
 - [If you need to limit sodium](#) (handout) includes information on sodium and ideas on how to spice up your cooking.
 - [The Recipes section](#) includes a collection of recipes geared toward kidney health it allows you to browse and search for recipes to meet your needs.

Step 2: Act

Work with your staff and Network Patient Representative (NPR) to complete a patient activity to engage patients in learning more about caring for their dialysis access

- Educate patients and staff using the My Kidney Kit pages.
- Talk with your NPR to discuss ideas on what resources and activities they would like to see at the clinic to educate patients on adequacy, nutrition and fluid management.
- Invite your NPR to a team huddle to share their experience with managing their diet and fluid intake and what the team can do to support patients with this challenge.
- Create a bulletin board to share tips for managing diet limits, thirst and/or staying your full treatment, make it interactive by allowing patients to add their tips.
- Play the “[Let’s Talk about Fluid](#)” videos on the lobby and/or patient televisions.

Step 3: Share

Share what your clinic has done with the rest of the Network!

- Ask your Network Patient Representative (NPR) for their feedback and encourage them to attend the next NPR Connection Call (2nd Thursday and Friday at 1 p.m. CST) to share with others!
- Take a photo of your activity and your clinic’s patient engagement activities at [Patient Engagement Activity Report](#).

Three Levels of Patient Engagement



For more information or to file a grievance, please contact

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