

## Topic of the Month

# Caring for My Kidneys: Treatment Matters

### Step 1: Plan

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

### Network Resources

- The My Kidney Kit (MKK) is available in the dialysis center and online in English and Spanish at [www.mykidneykit.org](http://www.mykidneykit.org). Highlighted MKK pages for this month include:
  - [My Treatment: Albumin](#)
  - [My Treatment: Am I Getting Enough Dialysis?](#)
  - [My Treatment: Anemia](#)
  - [My Treatment: Knowing My Lab Numbers](#)
  - [My Treatment: Renal Bone Disease](#)
  - [My Treatment: Why Does Fluid Matter?](#)
  - [My Plan: How Do I Control My Fluid Gains?](#)
- Dialysis Adequacy Poster ([English](#) | [Spanish](#)) shares actions to take to ensure adequate dialysis and the symptoms for when patients are not getting enough.
- [Fluid Intake Poster](#) shares the risks involved in having too much fluid and ideas for questions to discuss with the care team.
- [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.
- [Phosphorus Substitutions Poster](#) offers ideas on what foods to have to limit phosphorus intake.
- [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](http://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.
  - [Pocket Guide to Managing High Potassium](#) is a tool to help patients and their caregivers have more effective dialogue with their healthcare team on hyperkalemia.
  - Potassium Fact Sheet ([English/Spanish](#)) this handout is an overview of potassium and why kidney patients need to know their potassium levels.



- **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.

- **Dialysis Patient Citizen – DPC Education Center | [www.dpcedcenter.org](http://www.dpcedcenter.org)**

DPC 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.

- **Medical Education Institute, Inc. | [www.meiresearch.org](http://www.meiresearch.org)**

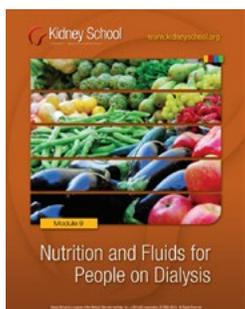
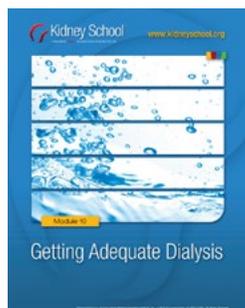
- [Dialysis 101](#) (video) provides information on basic dialysis principles to help people on dialysis thrive on hemodialysis.
- [Just the Facts: Fluids and Dialysis](#) (handout) This Life Options handout provides some basic information on fluids and dialysis and helpful tips and questions to ask.
- [Kidney School](#) offers online courses to help people with kidney disease stay as healthy as possible.
  - Module 9: Nutrition and Fluids for People on Dialysis [View Online/Download](#) ([English/Spanish](#)).
  - Module 10: Getting Adequate Dialysis. [View Online/Download](#) ([English/Spanish](#)).
- [“Let’s Talk about Fluids”](#) (video) This video series was developed with ESRD Network #15 and is available in English and Spanish.
- [Water Removal in Hemodialysis](#) (video) This video explains how dialysis removes water and why gentle treatments are best.

- **National Kidney Foundation | [www.kidney.org](http://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) includes information on phosphorus;
  - [If you need to limit potassium](#) (handout) includes information on potassium
  - [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.

- **American Kidney Fund | [www.kidneyfund.org](http://www.kidneyfund.org)**

- [7 Keys to Success: Kidney Friendly Eating](#) handout provides seven tips to help patients overcome some of the challenges of living with a restricted diet.



## Step 2: Act

Team up with your staff and Network Patient Representative (NPR) to complete a patient activity to engage patients in learning more about how to manage their treatment.

- 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 staff meeting (virtually or by phone) to share their experience learning with managing their diet and fluid intake and what the team can do to support patients with this challenge.
- Invite your NPR to a QAPI team meeting to discuss any projects you may be working on to improve clinic-wide lab values.
- 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 one of the 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 Session to share with others!
- Take a photo of your activity and your clinic's patient engagement activities at [Patient Engagement Activity Report](#). Highlights will be shared through the projects and e-newsletter.

## Three Levels of Patient Engagement



For more information or to file a grievance, please contact

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