

# Roadmap to Home Self-Assessment





## Purpose

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Increasing the number of patients using home dialysis modalities, which include peritoneal dialysis (PD) and home hemodialysis (HHD), is a national priority. Dialysis facilities play a central role in helping more patients with ESRD understand their treatment options with a hope of a higher quality of life. The ideas presented here are taken directly from the ESRD National Coordinating Center (NCC) Home Modality Change Package. These concepts are being implemented in high-performing dialysis facilities across the United States. These ideas can be tailored and adapted to fit the needs of dialysis facilities and the patients with ESRD that they serve across the country.

Your facility is in the Home Modality Quality Improvement Activity (QIA), and this tool is the first step in identifying areas that you can focus on in the next several months to increase the number of patients transitioning to a home modality.

### **Instructions:**

**Step 1:** Read through each section and rate yourself based on how well you feel you are currently doing in each of these areas.

**Step 2:** Once all sections are ranked, choose the area(s) (rated with a 1 or 2) where you feel you can make the most improvement in a short amount of time.

**Step 3:** Send the Network the area that you have chosen to focus on for this project. The Network will then send you specific action steps from the change package to implement in your clinic during this project.

**NOTE:** This is meant to assist if you are having difficulty deciding on and coming up with specific action steps. If you are already implementing something different at your clinic, please let the Network know what your action steps are.



1

# Foster Physician Support of Home Dialysis

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Circle your rating for each statement.

**1**= Don't currently do this    **2**= Needs work, could be doing more in this area    **3**= Confident, already doing this

1

2

3

**1a:** Strengthen nephrologists' comfort level with dialysis at home. Nephrologists are the captains of successful home dialysis programs and are at the heart of dialysis education and prescribing choices. Strong home dialysis programs have a physician champion, who is essential to a positive home dialysis culture within dialysis facilities.

1

2

3

**1b:** Improve primary care and specialty physician awareness and education. Education of physicians improves their understanding of the benefits of home dialysis, which in turn, helps to increase the use of this modality. Physician education also improves the potential for good outcomes with catheter placement and patients' longevity in home programs.





## 2

# Adopt a Mindset That Home Dialysis is Possible

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Circle your rating for each statement.

**1=** Don't currently do this    **2=** Needs work, could be doing more in this area    **3=** Confident, already doing this

**1**    **2**    **3**    **2a:** Promote the practical benefits among staff members and patients. The benefits of home dialysis must break through the noise and medical inertia to achieve widespread adoption in healthcare. Successful program leaders routinely address misconceptions and advocate the benefits of home dialysis inside and outside their dialysis facilities.

**1**    **2**    **3**    **2b:** Consider all patients, widely refer patients, and explore options before declining patients for home modalities. Successful programs cast a wide net to receive referrals. They also rise to the challenge of accepting as many patients as possible and avoid dismissing patients prematurely as ineligible for peritoneal dialysis.



## Elevate Home Program Collaboration and Refine Operations

Circle your rating for each statement.

1= Don't currently do this    2= Needs work, could be doing more in this area    3= Confident, already doing this

- |   |   |   |   |
|---|---|---|---|
| 1 | 2 | 3 | <b>3a:</b> Promote a culture of teamwork and build strong relationships. Patient-centered home dialysis care requires a strong team dedicated to making this modality work for patients and their caregivers. Recognizing this need, successful facilities create a culture of learning and hire the right staff for home dialysis.   |
| 1 | 2 | 3 | <b>3b:</b> Measure, monitor, and assess program metrics to drive success and continued improvement. Home dialysis programs are complex and require continuous quality improvement to maintain success and growth. Effective teams identify, track, and share metrics at regularly scheduled meetings. They also create a safe environment, looking to improve rather than to blame.                     |
| 1 | 2 | 3 | <b>3c:</b> Incorporate telehealth methods to support home programs.<br>Using telehealth: <ul style="list-style-type: none"><li>• Improves communication among physicians, staff, patients, and caregivers</li><li>• Ensures questions and barriers are addressed early</li><li>• Keeps patients on track as they move to home programs</li><li>• Helps sustain participation in home programs</li></ul> |

# Educate and Support Patients and Caregivers Throughout the Continuum of Care

Circle your rating for each statement.

**1**= Don't currently do this    **2**= Needs work, could be doing more in this area    **3**= Confident, already doing this

**1**

**2**

**3**

**4a:** Provide consistent patient and caregiver education and training while honoring individual needs. The fear of the unknown is natural. Many patients and families contemplating home dialysis may have legitimate concerns about their ability to be successful. Effective home programs blend empathy and education to empower patients to be successful at home.

**1**

**2**

**3**

**4b:** Identify and proactively address barriers. Helping patients maintain success at home is an important outcome. To retain patients, successful programs develop strong patient relationships to continually educate patients and caregivers as well as identify and solve issues that could prevent patients from continuing home dialysis.

**1**

**2**

**3**

**4c:** Recognize and support patient and family psychosocial needs. Psychosocial issues are a significant barrier to home dialysis use. These may include fear, anxiety, finances, living conditions, availability of storage space, stress, layoffs, relocation, divorce, loss of caregiver support, and burnout. These matters affect patients and caregivers alike. Strong home programs recognize this and implement proactive person-centered strategies with involvement of experienced social workers to support patients and caregivers.

# 5

## Additional Resources

[ESRD NCC Home Change Package](#)

### Foster Physician Support of Home Dialysis

- [Guidelines for Nephrology Referral with Preethi Yerram, MD](#)
- [Barriers to Home Dialysis with Scott Solcher, MD](#)
- [Lived Eperience: Starting a PD Program at a County Hospital with Juan Pablo Ruiz, MD](#)

### Adopt a Mindset That Home Dialysis is Possible

- [Home Modality: Meeting Patients Where They are to Empower Choice](#)
- [Home Dialysis Passport](#)
- [Home Dialysis Mythbusters](#)
- Is Home Dialysis Right for Me?: [English](#) | [Spanish](#)

### Elevate Home Program Collaboration and Refine Operations

- [In-Center and Home Clinic Communication Form](#)
- [Home First Approach: A Resource for In-Center Hemodialysis Units](#)

### Educate and Support Patients and Caregivers Throughout the Continuum of Care

- [Benefits of Home Dialysis Word Search](#)
- [Ten Benefits of Home Dialysis Poster](#)
- [Home Dialysis Bulletin Board Kit](#)
- Home Treatment Options Poster: [English](#) | [Spanish](#)

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