



MEDICAL EDUCATION INSTITUTE

## Treatment Options and Lifestyle: Making the Match

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★ **MEI Mission:** *Help people with chronic disease learn to manage and improve their health.*



## WHAT WE'LL COVER


- ★ Emotional reactions to ESRD
- ★ Types of home treatments & lifestyle benefits
- ★ Using teachable moments to link lifestyle & dialysis options
- ★ Teaching tools that can help you help patients

## What dialysis would YOU choose?

- A. Standard in-center hemodialysis
- B. Nocturnal in-center hemodialysis
- C. Peritoneal dialysis – manual or with a cyclor
- D. Short daily home hemodialysis
- E. Standard (3x/week) home hemodialysis
- F. Nocturnal home hemodialysis




**DIALYSIS IS A TSUNAMI IN PATIENTS' LIVES**



**STRONG EMOTIONS ARE NORMAL**  
TERROR, ANGER, DEPRESSION...

## What is Hope?

\* The feeling that what is wanted can be had or that things will turn out for the best. Dictionary.com




**Your Patients need HOPE as Much as Oxygen**

## HOPE & DIALYSIS ADJUSTMENT

N=103 UK adults on dialysis<sup>1</sup>  
Higher levels of hope predicted:


- \* Less anxiety
- \* Less depression
- \* Reduced burden of kidney disease
- \* Better mental functioning

*"Hopefulness could serve to lessen the emotional impact of ESRF and treatment by empowering the individual to reframe threats as challenges"*

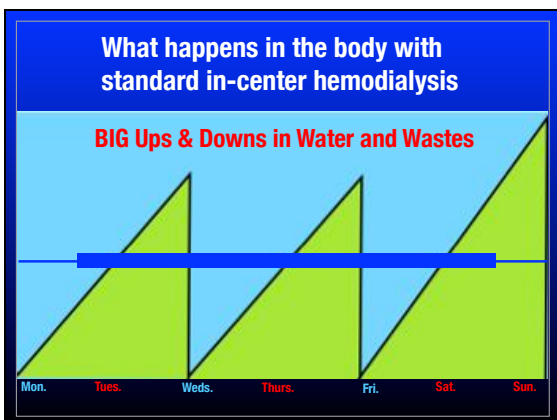


<sup>1</sup>Billington E et al. 2008 *Br J Health Psychol.* 13:683-99

## Impact of Standard In-center HD on Patients' Lives



**DIALYSIS OPTION AFFECTS EVERY ASPECT OF LIFE**  
CHOICE OF A TREATMENT NEEDS TO REFLECT THIS



- \* Sodium (salt)
- \* Potassium
- \* Phosphorus
- \* Fluid

**Strict diet & fluid limits on standard in-center HD**

### PILL BURDEN ON IN-CENTER HD

- \* 50% take 19 pills/day
- \* 25% take 25+ pills/day
- \* Strict fluid limits

Chiu YW et al. CJASN 2009 Jun;4(6):1089-96

**Sleep problems are rampant in standard HD**

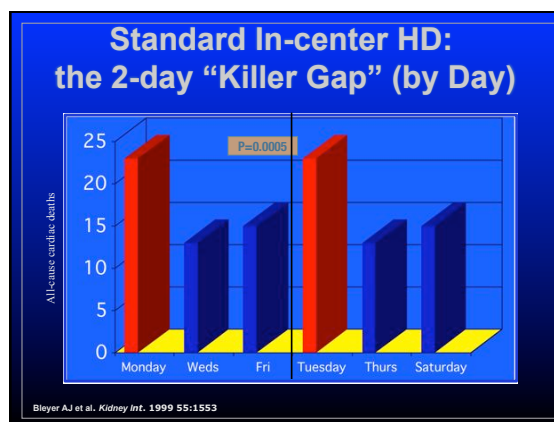
**Sexuality and fertility issues are very common**

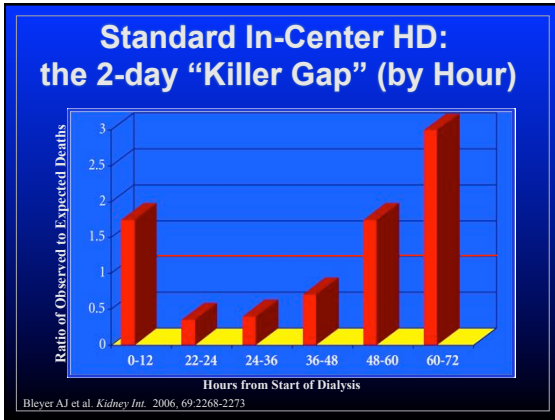
### Effect of Job Loss on Patients

“Hi my name is X, i’ ve been on dialysis for 3 years and im only 36 years old. i got it from high blood pressure.

well now i have no friends and im depressed and my life sucks. im a single person with no job and no life. dialysis sucks and i should just die.”

Quote from the dialysis\_support email listserv, 2006



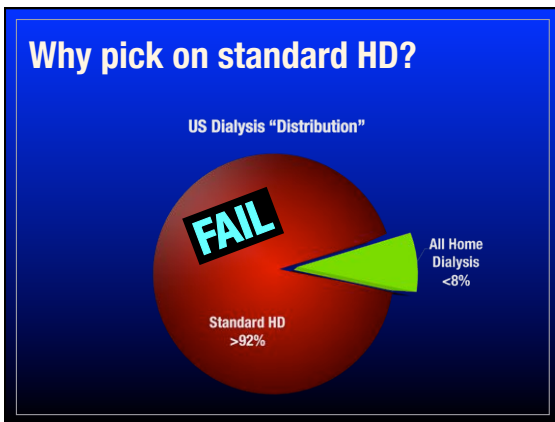


### MOST Mortality is Higher After the 2-day Gap

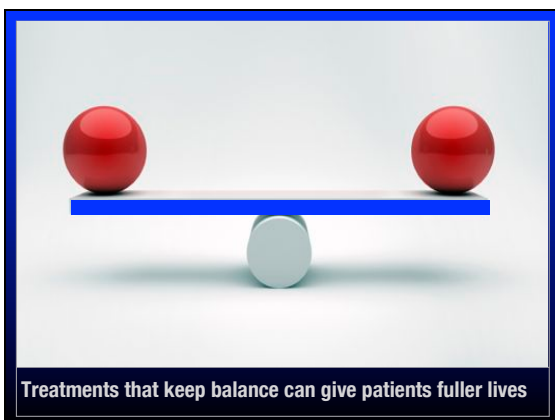
In a nationally representative sample of 32,065 patients:

- \* All cause mortality: <0.001
- \* Cardiac arrest: .004
- \* Myocardial infarction: <0.001
- \* Infection: .007
- \* Septicemia: .06
- \* Other cause: .001

Foley RN et al. *NEJM.* 2011; 365:1099-107

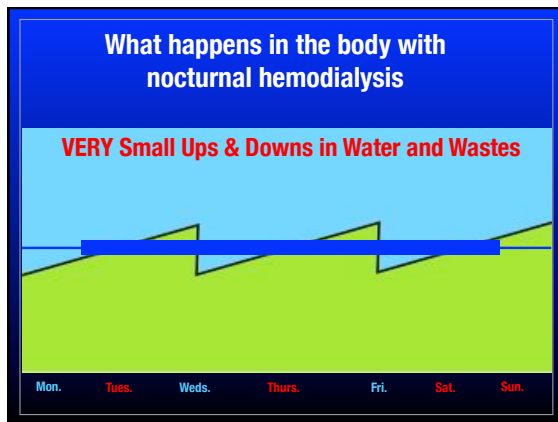
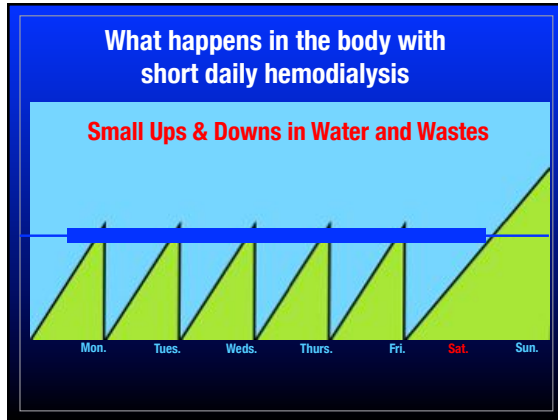
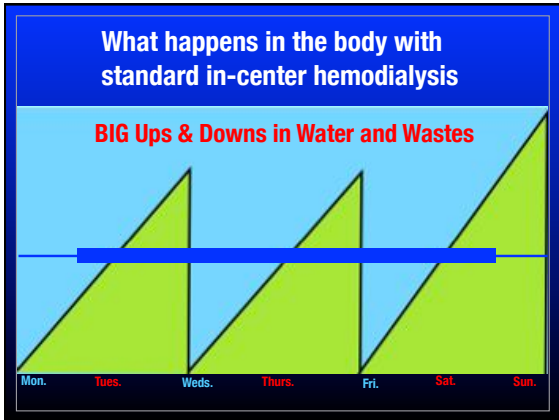


### Benefits of Home Treatments for Patients



### TYPES OF HOME DIALYSIS

- \* CAPD, CCPD
- \* Short daily home HD
- \* Nocturnal home HD
- \* Nocturnal In-center HD



**HOME TREATMENTS MAKE TRAVEL EASIER**  
HOME TREATMENTS ARE FLEXIBLE—AND CAN COME ALONG FOR THE RIDE

✦ **Nocturnal HD:**

- Significantly lower phosphate levels<sup>1</sup>
- Fewer/no fluid limits<sup>2</sup>

**HOME PATIENTS CAN HAVE MORE NORMAL DIETS  
FEWER DIET AND FLUID LIMITS**

<sup>1</sup>Lindsay RM et al. Am J Kidney Dis. 2003 Jul;42(1 Suppl):24-9  
<sup>2</sup>Warady BA et al. Adv Chronic Kidney Dis. 2007 Jul;14(3):297-303

**HOME DIALYSIS CAN IMPROVE SLEEP<sup>1</sup>**

<sup>1</sup>Tang SC et al. CJASN. 2009 Feb;4(2):410-8. <sup>2</sup>Bencroft JM et al. Sleep Med. 2009 Jan;10(1):47-54. <sup>3</sup>Tang

**HOME IS WORK-FRIENDLY (& WORK REDUCES DEPRESSION)<sup>1</sup>**

<sup>1</sup>Kulner NS et al. CJASN. 2010 Sept 30 [ePub ahead of print]

**MORE HOME HD SEEMS TO IMPROVE SEX LIVES**  
PATIENTS WHO GET MORE HED REPORT BETTER SEX LIVES (BABIES ARE MORE POSSIBLE, TOO)

**MORE HD: SURVIVAL COMPARES TO TRANSPLANT<sup>1-3</sup>**

<sup>1</sup>Kjellstrand C et al. NDT. 2008 Oct;23(10):3283-9. <sup>2</sup>Paiyy RP et al. NDT. 2009 Sept;24(9):2915-9. <sup>3</sup>Johansson et al. KJ. 2009 Nov;76(9):984-90

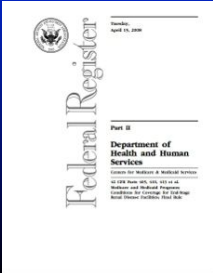


**MEDICARE STARTS ON DAY 1 FOR HOME PATIENTS  
(VS. AFTER 3 MONTHS FOR IN-CENTER)**

**Benefits of Home Treatments for  
Centers**

**Avoid Surveyor Deficiencies**

- ★ Conditions for Coverage, Subpart C, 494.70, 494.90



**IMPROVE CENTER REVENUE**

- ★ Medicare starts on day 1 for home patients
- ★ Employer group health plans pay more than Medicare



**BETTER STAFF MORALE**

- ★ Happier patients
- ★ Less turnover



**How YOU can help**

- \* Learn patients' lifestyle priorities
- \* Focus on those priorities
- \* Share the evidence basis
- \* EXPECT that patients can succeed: build confidence
- \* Problem-solve: pros/cons LAST

**DETERMINE LIFESTYLE PRIORITIES**  
MATCH TREATMENT CHOICE TO LIFESTYLE

## What NOT to Say to Patients

- \* You *can't* do a home treatment! I'd miss you!!
- \* If you do PD, you'll get an infection
- \* You'd be lonely without us
- \* What if something goes wrong?

**Choose Teachable Moments**

**I'm so thirsty all the time!**

**Putting Band-aids on Bullet Holes Doesn't Help Much**

Bandaid	New
You could chew some gum	More dialysis removes more water—so you can drink more
Do you want some ice chips?	Have you ever thought about doing a home treatment?
You need to eat less salt	I can have you talk to the home training nurse
Talk to the dietitian for tips	

**How to Use the Moment**





Bandaid	New
It's all about portion size	More dialysis removes more wastes—so you can eat more
Substitute other foods you like	
After a while, you won't even notice there's no salt...	
Talk to the dietitian for tips	

**How to Use the Moment**



Bandaid	New
Put them by your toothbrush	More dialysis removes more wastes—so you don't need as many meds
Make up a reminder chart	
The social worker can help you find low income programs	
Maybe the doctor has samples	

**How to Use the Moment**



Bandaid	New
You may be able to get Social Security disability	Some kinds of dialysis are more work-friendly so you can keep your job
Could you take in a boarder?	
Maybe you could work part-time	
Talk to the social worker about your options	

**How to Use the Moment**



Bandaid	New
Your doctor can prescribe antidepressants for you	Maybe if you did a different treatment, your life would look more like you want it to
Make a list of things you used to like to do	
Talk to the social worker	

**How to Use the Moment**



Bandaid	New
You may be able to adopt	The chance of getting pregnant and having a healthy baby are much higher with more hemo
Two years after a transplant, you may be able to try...	
Talk to the social worker	

**How to Use the Moment**


**Free or Low-cost Teaching Tools**

Let's Talk About...  
**Dialysis Options**

<http://lifeoptions.org/letstalk/mov2eng/index.html>


**FREE Patient Education Resource**

- \* For CKD to ESRD
- \* Six slide decks with speaker's notes
- \* Learning objectives & quizzes
- \* How-to Guide
- \* PC or Mac: [www.lifeoptions.org/goodfuture](http://www.lifeoptions.org/goodfuture)
- \* MIPPA eligible




How to Have a Good Future  
with Kidney Disease.

**FREE Patient Education Resource**



**How to slow chronic kidney disease (CKD)**

Help, I Need Dialysis!  
How to have a good future  
with kidney disease



Dani Sicheloff, MS & Dr. John Agost

**New patient book covers ALL dialysis options**

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**CONCLUSIONS:**

- \* HOPE helps give patients back their lives
- \* Use teachable moments to link options to lifestyle
- \* There are free & low-cost teaching tools to help you

