



Peer Mentorship Training Program Discussing Home Dialysis as an Option

Revised July 2018

Welcome!





IPRO End Stage Renal Disease (ESRD) Network

Mission

- To promote healthcare for all ESRD patients that is safe, effective, efficient, patient-centered, timely and equitable.

Role and Responsibilities

- Improve quality of care for individuals with ESRD.
- Promote patient engagement and patient experience of care.
- Process grievances from patients, or their representatives by conducting confidential investigations.
- Support emergency preparedness and disaster response.
- Provide education and resources to individuals with ESRD, dialysis facilities and transplant centers.

What is Peer Mentoring and what is your role?



- Peer mentoring is a relationship between a person who has had experience dealing with a topic, such as Home Dialysis, and a person who is new to that experience. The peer mentor relationship is used to help the less experienced person (mentee) achieve his or her goals by receiving assistance and guidance from the more experienced person.
- As a peer mentor you will:
 - Share your personal experiences as a kidney patient.
 - Offer educational resources and tools.
 - Encourage your mentee to be engaged and active in his or her care decisions.
 - Help your mentee identify and access additional support and resources.

Consider these Qualities that can help you become an Effective Mentor



- **Ability and willingness to communicate to mentee what you know**
 - As a mentor you are seen as someone who is knowledgeable about kidney care choices. Stay alert for new topics that may impact you or your role as a peer mentor
- **Being prepared**
 - Being a mentor means making an important commitment to your mentee; be prepared for each mentoring session to provide useful, guidance while ensuring that your mentee takes the lead and makes his or her own healthcare decisions .
- **Being approachable and having the ability to listen**
 - Your mentee must feel comfortable approaching you. As the mentor you should be ready to listen and provide guidance to mentee. Keep mentee goals in mind by being trustworthy, modeling positive behavior and offering support.

All of these qualities should be the compass that guides all your actions as a mentor.

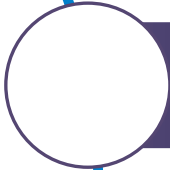


What will you gain from being a Peer Mentor?

- **Improve communication and personal skills**
- **Develop leadership and management qualities**
- **Strengthen your own skills and knowledge**
- **Benefit from a sense of fulfilment and personal growth**
- **Gain recognition for your skills and experience**
- **Support your facility in meeting their quality improvement goals**
- **Partnership with the ESRD Network**
- **Opportunity to share you feedback at a national level**

**The chance to make a POSITIVE impact on someone's life
is a priceless experience.**

What will be covered in this Module?

-  Part 1: Facts About Home Dialysis
-  Part 2: Types of Home Dialysis
-  Part 3: Home Dialysis Resource Toolkit
-  Part 4: Tips for Success!

This module will help you guide your mentee to get the answer to the following questions:



- What are the different types of home dialysis options?
- Will I need a care partner for home dialysis?
- Is there any health benefits to Peritoneal Dialysis (PD) or Home Hemodialysis (HHD)?
- How long is the training for PD or HHD?
- Do you need to see where I live in order for me to do home dialysis?
- Can I travel on PD or HHD?



Part 1: Learning the Basics of Home Dialysis Options



What are my Home Dialysis Options?

Home Hemodialysis

- Daily Home Hemodialysis
- Nocturnal Home Hemodialysis

Peritoneal Dialysis

- **CAPD** – Continuous Ambulatory Peritoneal Dialysis
- **CCPD** – Continuous Cycling Peritoneal Dialysis

Current Dialysis Treatments by Modality in the United States



88% In-Center Dialysis



10% Peritoneal Dialysis



2% Home Hemodialysis



The current national average of patients dialyzing at home is only 12%

Home Dialysis Facts



- Ninety-three percent of nephrologist and 89% of nurses surveyed said they would choose home dialysis over in-center dialysis [1]
- Many physicians believe that between 25-35% of patients would do better if they were on a home dialysis therapy [2]
- Survival rates were greater in patients who chose their own treatment type versus patients who's physician chose for them, regardless of modality [3]

[1] http://www.satellitehealth.com/pdf/SHC_362_Dr_Schiller_article_Rev.pdf

[3] Stack AG et al. Am J Kidney Dis. 2005;45:730-742.]

[2] <https://www.kidneybuzz.com/have-you-ever-wondered-the-dialysis-treatment-your-nephrologist-would-pick-if-in-your-position/2013/6/17/have-you-ever-wondered-the-dialysis-treatment-your-nephrologist-would-pick-if-in-your-position>

Home Dialysis Facts



- It is a requirement for participation in Medicare that ESRD beneficiaries receive documented modality education at least once per year.
- When surveyed 32% of patients responded they were not informed or educated on all treatment options
- A study by Robert, Doss, and Moran(2006) followed 576 patients who received modality education prior to initiation of treatment over 21 months, 42% of these patients chose home therapy.

Home Dialysis as a Choice

- Once patients are fully aware of all the treatment options available, many choose home dialysis because of the benefits it offers them.
- Home Dialysis is not an option for everyone.
- Your mentee will need to be evaluated for home dialysis by their Kidney Care Team.



Part 2:

Types of Home

Dialysis

Home

Hemodialysis



What is Home Hemodialysis?

Home Hemodialysis is very similar to in-center hemodialysis but it is performed by you, with or without a care partner in your home. A smaller version of the in-center dialysis machine cleans your blood of harmful waste and extra fluids and sends the clean blood back into your body.

- Daily Home Hemodialysis
- Nocturnal Home Hemodialysis



What is Daily Home Hemodialysis?

- *Daily Home Hemodialysis* treatments are performed for 2.5 – 4 hour time intervals, 5 or 6 days a week.
- You choose the treatment time that works best for your schedule.
- This option has greater health benefits over in-center hemodialysis because this option resembles more of how your kidneys would function on a daily basis of removing fluid and waste from the body.

What is Nocturnal Home Hemodialysis?

- Nocturnal Home Hemodialysis treatments are 6 – 9 hour long, 4-5 times per week that can be done while you sleep.
- This option can give you the most blood cleaning – and also take the least time out of your day.
- You decide when to start and finish treatments.



NX1373: Fluid Detection System

Benefits of Home Hemodialysis

- Set your own schedule and fit treatments around your life
- Feel more in control than in-center
- Possibly take fewer medications
- Comfort of being home during treatments
- Reduced transportation needs
- Alleviates weather – related travel worries
- More flexibility for work, school or other social activities
- Take it along when you travel
- Spend more time with family and friends
- Improved Quality-of-Life

Part 2:

Types of Home Dialysis Options

Peritoneal Dialysis (PD)



What is Peritoneal Dialysis?

Peritoneal Dialysis uses the inner lining of the abdomen (stomach) to filter and clean the blood. During treatments, a cleansing fluid called dialysate is put into the abdomen through a small, flexible tube called a PD catheter.

- Dialysate pulls waste and extra fluid from the blood into the peritoneal cavity and stays in the abdomen for a specified amount of time.
- Once the dialysate is drained, the wastes and fluids are also drained, and fresh dialysate is replaced to continue cleaning the blood.

CAPD – Continuous Ambulatory Peritoneal Dialysis

CCPD – Continuous Cycling Peritoneal Dialysis

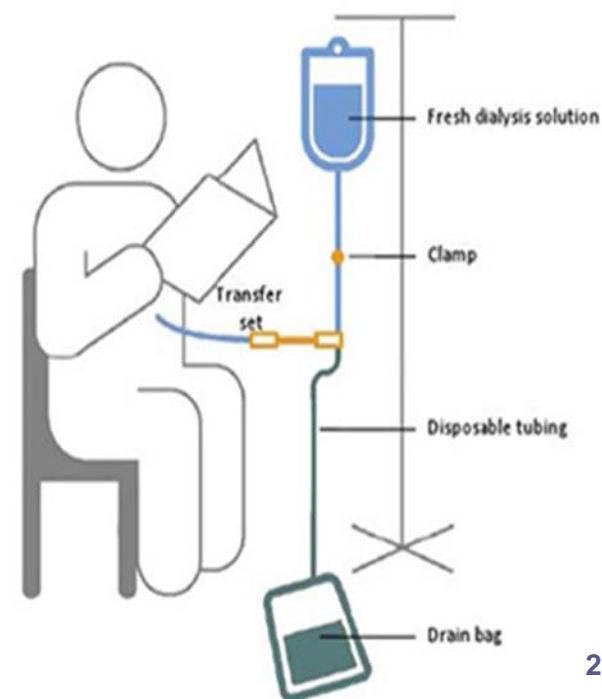
What is **Continuous Ambulatory Peritoneal Dialysis (CAPD)**?



During CAPD, your abdomen is filled with dialysate, where it remains for a prescribed “dwell” time with the catheter sealed. Your abdomen acts as an artificial kidney while gravity moves the fluid through the catheter in and out of your abdomen.

- CAPD requires no machine and can be done in any clean, well-lit place
- With CAPD, the blood is always being cleaned

CAPD — Continuous Ambulatory Peritoneal Dialysis



What is **Continuous Ambulatory Peritoneal Dialysis (CAPD)**?



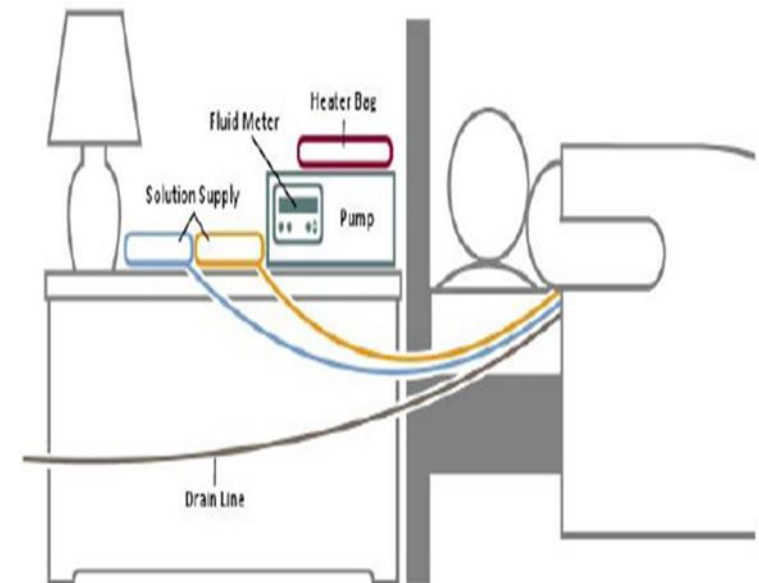
- The process of draining and replacing with fresh dialysis solution takes about 30 to 40 minutes
- Then the abdomen is refilled with fresh dialysate solution so the cleaning process can begin again, this is also known as an exchange.
- Exchanges are made at least four times a day
- With CAPD, it's not necessary to wake up and perform dialysis task during the night
- Most patients will sleep with the solution in their abdomen at night

What is **Continuous Cycling Peritoneal Dialysis (CCPD)**?

During CCPD, a machine called a “cycler” is used to fill and empty the abdomen (stomach) of dialysis solution.

- The abdomen is filled and emptied three to five times during the night while you sleep.
- The next morning, you begin with one exchange that will possibly last the entire day.

CCPD — Continuous Cycling Peritoneal Dialysis





Benefits of Peritoneal Dialysis

- Easy to do, No Needles
- Gentle on your heart and body
- No care partner needed
- Feel more in control than in-center
- Improved blood pressure control
- Fewer diet restrictions
- You can give yourself treatments at home, work or while traveling
- Flexibility during treatment “dwell” times to perform other tasks
- Longer and more frequent dialysis is closer to natural kidney function since healthy kidneys work continuously

What are some of the positive outcomes of choosing home dialysis?

- Greater freedom while having support and access to an on-call nurse 24 hours a day
- Increased energy levels with fewer side effects like nausea and cramping, since longer and slower treatments are gentler on the body
- Fewer trips to the dialysis center saves time and transportation costs and decreases weather-related travel worries
- More flexibility around your schedule

**Improved Health and
Quality of Life!**



What are some of the considerations of choosing home dialysis?



- Training time to be able to perform treatments at home with CAPD training usually only taking a few days
- Treatments must be done by using an aseptic technique to avoid infections
- Spending time setting up for treatments and clean-up after treatments
- Ordering supplies
- Storing supplies takes a lot of space

Discussing home dialysis as an option with your mentee

Everyone is different. What is right for one person is not always right for another. Home Dialysis is not an option for everyone.

Always speak with your mentee about Home Dialysis as a **potential** choice.

The Healthcare team will assist your mentee to ensure a home dialysis option is right choice for them



Part 3: Introduction and Utilization of the Home Dialysis Resource Toolkit



What materials are in our toolkit?



**“Know The
Facts About
Home dialysis
Choices”
Booklet**

**“Consider Your Dialysis Choices:
Choosing the right option for you!”
Brochure**

**“Kidney Failure: What are my Treatment Choices?”
Flyer**

Tool #1: Kidney Failure: What are my Treatment Choices?



Conversation starter

Basic modality information

- Hemodialysis
- Peritoneal dialysis
- Transplant

Considerations and Questions to assist your mentee to make informed modality choices they can discuss with their care team

Kidney Failure: What are my treatment choices?

HEMODIALYSIS cleans your blood using a machine to get rid of harmful wastes and extra water in your body. You can get hemodialysis treatment in a dialysis center or at home.

PERITONEAL DIALYSIS is another way to get rid of wastes and extra water in your body. This type of dialysis uses the lining of your abdomen, or belly, to clean your blood.

KIDNEY TRANSPLANTATION places a healthy kidney from another person into your body through surgery. The donated kidney does the work that your failed kidneys can no longer do.

Find the best choice for YOU!

Here are things to consider when choosing the treatment option that will help you stay active and productive. Be actively involved with your care team in discussing treatment choices.

- ✓ Ask your care team:
 - About the different types of treatment.
 - About training classes to help you better understand what each procedure involves.
 - If your health or other factors limit your choices.
- ✓ Make a list of your pros and cons for each treatment option.
- ✓ Think about the kind of support system you would need for each type of treatment.
- ✓ Find out what your insurance covers, and determine what your out-of-pocket costs will be.
- ✓ Look for facilities that provide the kind of treatment you want.
- ✓ Remember, you can always get a second opinion from a nephrologist or member of your dialysis care team.
- ✓ You can find more information on the Dialysis Facility Compare website www.medicare.gov/dialysisfacilitycompare/

Contact the ESRD NCC for additional resources and to connect with your local ESRD Network for support.



Tool #1: Assess your mentees needs



Ask open-ended questions

- What do you know about home dialysis options?
- What type of information have you received?
- What other information do you need?



Tool #1: Support your mentees needs



Your mentee's understanding of Home Dialysis:

Mentee: Doesn't have enough information

You: Share and review "What are my treatment choices?" flyer

Mentee: Indicates that he or she feel restricted with their current treatment option.

You: Provide "What are my treatment choices?" flyer and ask if you can be of any further assistance in answering any questions/provide support or refer your mentee to the My Life My Choice online assessment tool to see how each type of dialysis might affect the things they value most .

Mentee: Is asking for more clinical information

You: Connect mentee to members of the kidney healthcare team for questions.

Tool #2: Consider Your Dialysis Choices: Choosing the right option for you!



Detailed information on home dialysis choices when considering home dialysis as an option.

- Start the conversation and navigate with the mentee on dialysis choices and what they should consider regarding what may work for their family, lifestyle and commitment level.
- Assist with listing the pros and cons of each modality.

In-Center Hemodialysis (ICH)

Why it may work for you:

- You have professional staff.
- Does not require a lot of space.
- Does not require a lot of time.
- May allow you to go to work or school.
- Dialysis centers are available.

What you may need to consider:

- Needles need to be changed at every treatment.
- You may require a lot of time to get to and from the center.
- The number of treatments may affect your schedule.

Peritoneal Dialysis (PD)

Why it may work for you:

- Allows more independence and control of treatment and life choices.
- May make it easier to return to work or school.
- You may have less diet restrictions than with ICH.
- Your own body, not a dialyzer, cleans your blood.
- Needles are not used; your blood is cleaned by the dialysis fluid in your abdomen.
- You don't have to travel to a center; treatment can be performed at home, school, or work.
- Many patients say they have more freedom with these treatments compared to in-center dialysis.
- Dialysis staff members are available to answer questions on the phone.
- You decide how to fit your exchange into your schedule.

Home Hemodialysis (HD)

Why it may work for you:

- Allows more independence and control of treatment and life choices.
- Permits more frequent treatments, which can be provided without the need for more waste production.
- You don't have to travel to a center; treatment can be performed at home, school, or work.
- Many patients say they have more freedom with these treatments compared to in-center dialysis.
- Dialysis staff members are available to answer questions on the phone.
- You decide how to fit your exchange into your schedule.

Consider Your Dialysis Choices: Choosing the right option for you!

Choosing a treatment option for your kidney failure is a personal decision. It is important that your choice supports your lifestyle and values. The right treatment for you depends on these factors and on your medical condition.

Learn more about your dialysis options to choose the treatment that's best for YOU! This tool will help you review the different dialysis options that may work for you and what you may need to consider.

Would you like other resources to help you make this choice?

Please visit the "My Life, My Dialysis Choice" online tool offered by Medical Education Institute, Inc. (MEI) to help you learn more about available dialysis treatment options.

Visit: <http://mydialysischoice.org/>

You may also want to consider kidney transplantation as an alternative to dialysis. Visit the ESRD NCC website at <http://esrdncc.org> to learn the facts about transplant and what the process involves.

Home Hemodialysis (HD)?

- Training is required.
- You might need a lot of space, equipment, and a dedicated area, i.e., state regulations, facility rules. You can discuss this with your healthcare provider.
- If you have a fistula, you will need to have it.
- You'll need storage space for equipment.
- You may need to use water and/or electrical outlets.

In-Center Hemodialysis (ICH)?

- Needles need to be changed at every treatment.
- You may require a lot of time to get to and from the center.
- The number of treatments may affect your schedule.

Peritoneal Dialysis (PD)?

- Allows more independence and control of treatment and life choices.
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- Dialysis staff members are available to answer questions on the phone.
- You decide how to fit your exchange into your schedule.

Would you rather have a treatment without using needles?

Would you like to fit dialysis into your schedule?

Would it disrupt your life if you were able to participate in under activities?

Is travelling important to you?

Do you want the control of your own treatments?

My Life, My Dialysis Choice

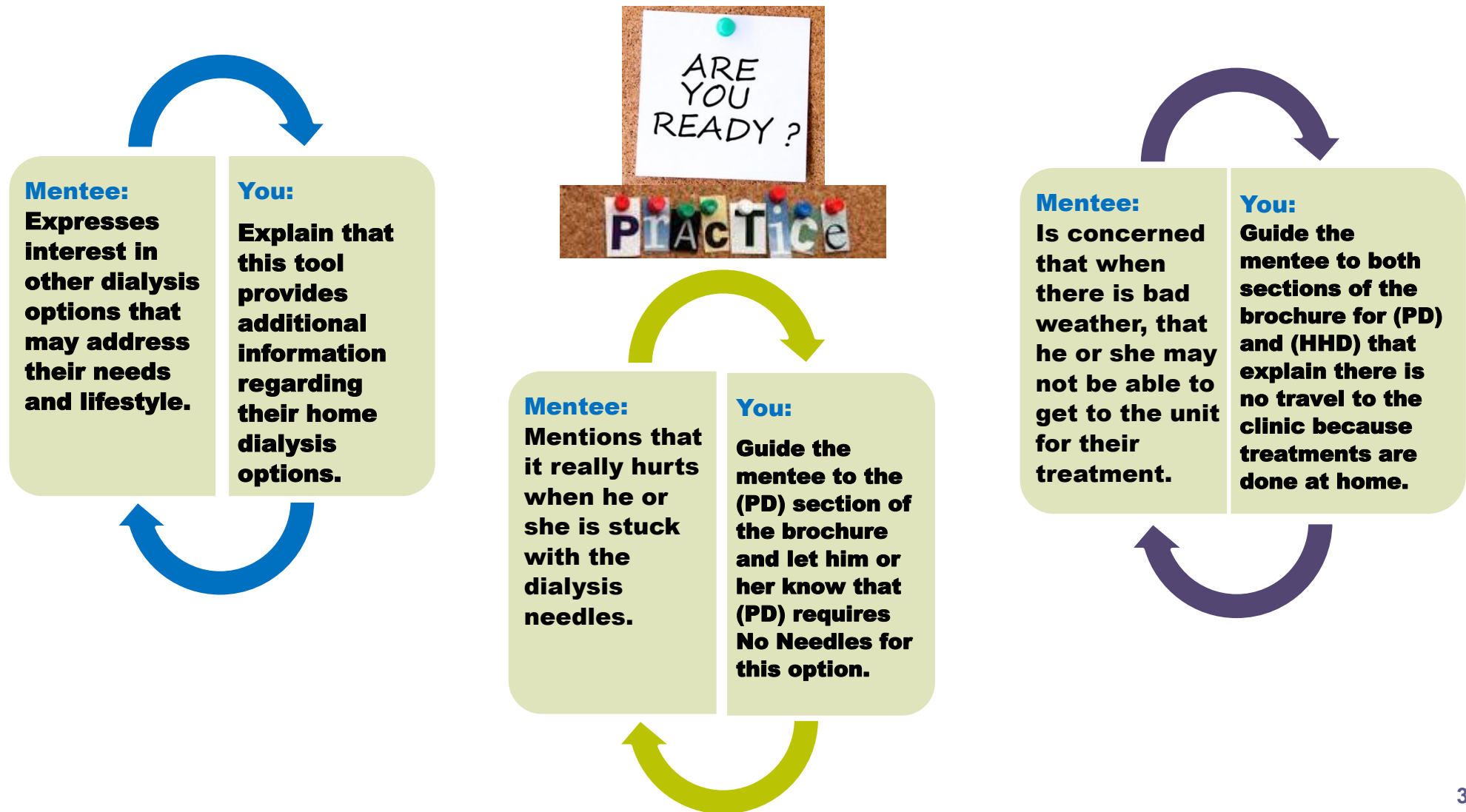
a program of the non-profit MEI

Tool #2: What's covered?

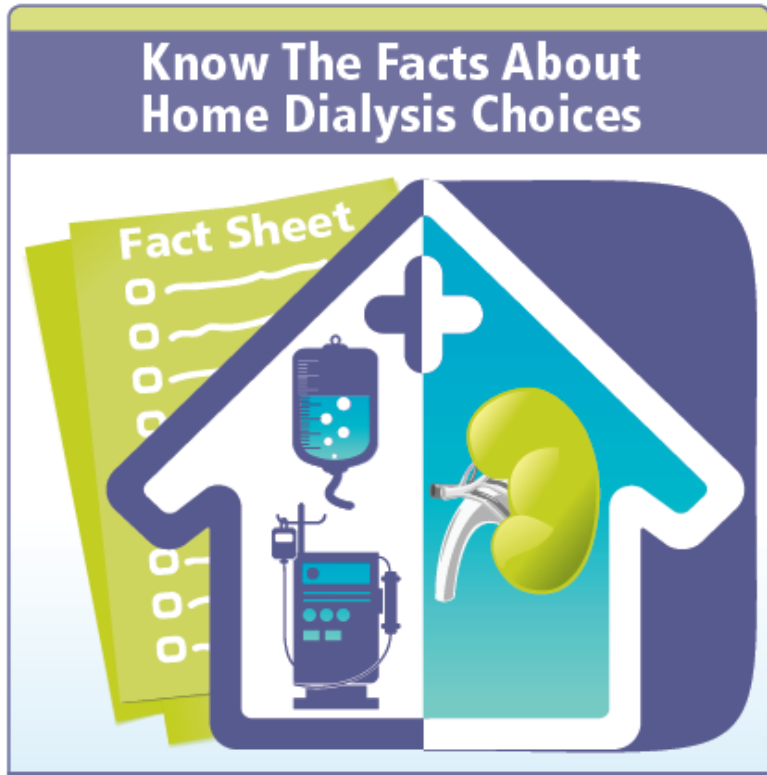
These tools can help you:

- Navigate with your mentee on dialysis options from the perspective of why it may work for them and what they should consider.
- Further educate your mentee about home modality options and help the mentee process and think about other dialysis options that may suit their needs and lifestyle.
- Discuss any concerns or barriers related to home dialysis options with their health care team.

Tool #2: Support your mentees needs



Tool #3: Know The Facts About Home Dialysis Choices



A detailed overview of home dialysis options and what to expect during the home dialysis process and training.

Why consider home hemodialysis?

- Types of home hemodialysis.
- Getting started on home hemodialysis.
- Training involvement.

Why consider peritoneal dialysis?

- Types of peritoneal dialysis.
- What's the right method for me?

Where can I go for more information or if I have questions?

Tool #3: Assessing and supporting your mentees needs



Mentee: Has questions about getting started and training for home hemodialysis dialysis.

You: Refer your mentee to the “How do I get started on home hemodialysis” section (page 9) of the tool and “What’s involved in the training?” section (page 10).



What's involved in the training?

You will be trained by a care team member from your dialysis center's home dialysis unit. Some details of the training program will differ from center to center. However, you will be trained while receiving treatment two to three times per week in your dialysis center's home hemodialysis unit. The program is completed when you are fully trained and you and your care partner feel confident performing the procedure at home. This usually takes from four to six weeks, but it can take longer.

For most home hemodialysis programs, you will have to have a care partner who will go through the training with you and help with your treatments. This can be a family member or friend. Some patients hire a nurse or technician to be their care partner. Medicare does not pay for these helpers, however.

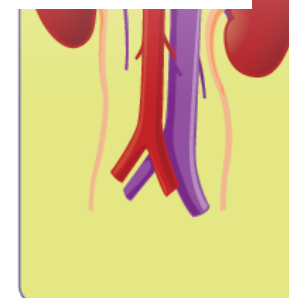
You will also be required to have in your home enough clean space for your chair, machine, water treatment equipment, and supplies. The home program professional from your dialysis facility will visit your home to ensure you have the space needed and/or to help determine what changes need to be made.



How do I get started on home hemodialysis?

First and foremost, you must be motivated and ready to commit to learning and doing home hemodialysis. Once you and your practitioner have decided that you are a good candidate for home hemodialysis, you will need to select the option that suits you the best. You will need to find a dialysis center to train you and follow your care. Finding a dialysis center that offers home hemodialysis can be a challenge. If your center does not have a home hemodialysis program, your practitioner, your ESRD Network, or the websites listed at the end of this document can help you find one that does.

When you have identified a center, make an appointment to visit and speak with the home training nurse and other staff. If possible, also talk with other patients who are on home hemodialysis. Once you've decided and discussed these options you'll be ready to begin your training program.



Treatment Choices: [Know The Facts About Home Dialysis Choices](#), pg 10

Treatment Choices: [Know The Facts About Home Dialysis Choices](#), pg 9

Tool #3: Assessing and supporting your mentees needs



What can I expect after training, when I'm on my own?

You will never be completely on your own. Most patients have medical and technical questions, especially during the first few months of treatment. Doctors, nurses and technicians are available by telephone at home hemodialysis units to answer questions. You'll also see a dietitian on a regular basis to help you with your diet.

Facility home dialysis units will also schedule you for in-center visits on a regular basis, depending on your medical condition. In some cases, your in-home equipment can be electronically linked to your dialysis center for remote monitoring.

Mentee: Is concerned about being on their own after their training is completed.

You: Review with your mentee the “What can I expect after training, when I’m on my own?” section (page 11) of the tool.

Part 4:

Tips for Success





Tips for supporting your mentee

Once you have completed reviewing the home dialysis toolkit with your mentee, it is up to the mentee to take the necessary actions towards home dialysis options.

Remember:

- Encourage your mentee to talk to a member of his or her care team about home dialysis options.
- Your mentee may not want to proceed at this point, and that is OK! You have succeeded in your role as a mentor by providing him or her with important information.

Tips for supporting your mentee



Check in with your mentee as often as you can to provide encouragement.

If your mentee:

Runs into any obstacles...

- Help by connecting him or her with the healthcare team.

Have questions along the way...

- Reinforce information from the toolkit.

Learns that home dialysis is not an option...

- Provide support as he or she deals with this news.

Tips for supporting your mentee



Everyone is different. What is right for one person is not always right for another. Home Hemodialysis (HHD) and Peritoneal Dialysis (PD) is not an option for everyone.

Mentee's will need to be evaluated by their renal health care team to determine if they are a suitable candidate for home dialysis.

The best choice is the one that is right for him or her.

Some important additional resources



- Your Dialysis Facility
- Your IPRO End Stage Renal Disease (ESRD) Network has several resources that can help you and your mentees www.ipro.org
- Home Dialysis Central <https://www.homedialysis.org/>
- National Kidney Foundation <https://www.kidney.org/atoz/content/homehemo>

Next Steps



Congratulations on completing the Discussing Home Dialysis Options Module!



- Next, please complete the module “**Review Quiz**” to earn your completion certificate.
- Share your completion certificate with your facility point of contact.
- Request printed copies of the supporting resources.
- Work with your facility point of contact to identify mentees and begin sharing your experience and the resource information from this module.



You have completed training to mentor on the topic of Discussing Transplant as an Option Module!



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