



End Stage Renal Disease(ESRD) Network Learning and Action Network (LAN) Series: Home Modality Quality Improvement Activity

August 14, 2018

Note: Computer speakers or headphones are necessary to listen to streaming audio or get dial-in information from registration confirmation email.

Streaming Audio

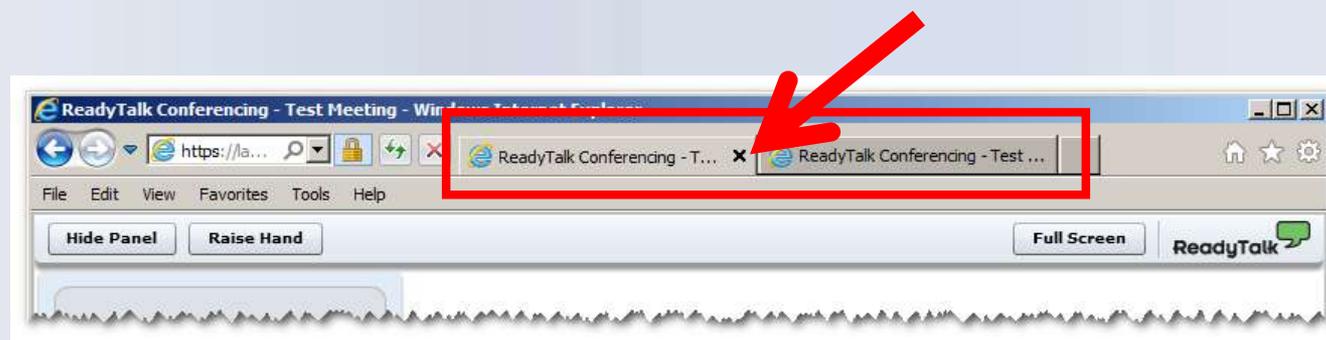
- **Audio for this event is available via INTERNET STREAMING**
- No telephone line is required.
- **Computer speakers or headphones are necessary to listen to streaming audio.**
- NOTE: A limited number of phone lines are available if you are experiencing poor audio quality – send us a chat message!



Note: *Computer speakers or headphones are necessary to listen to streaming audio.*

Troubleshooting Echo

- Hear a bad echo on the call?
- Echo is usually caused by multiple connections to a single event.
- Close all but one browser/tab and the echo will clear up.

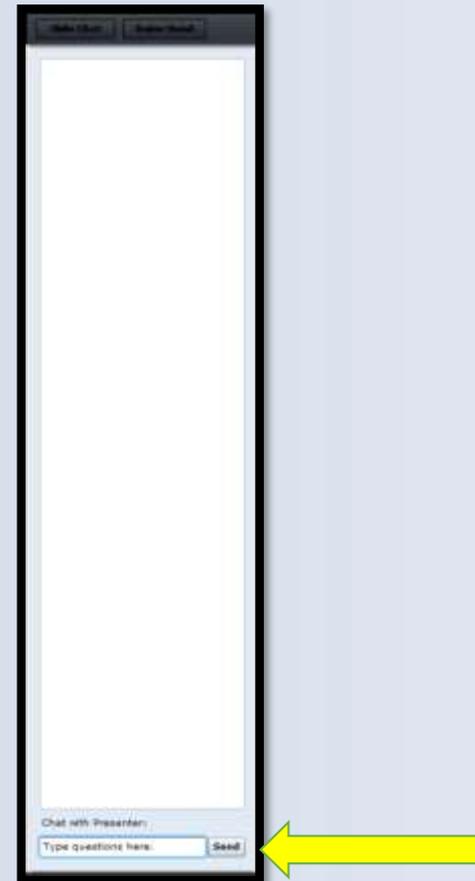


Example of Two Connections to Same Event

Note: *Computer speakers or headphones are necessary to listen to streaming audio.*

Submitting Questions

Type questions in the “Chat with Presenter” section, located in the bottom-left corner of your screen.



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Welcome

Learning and Action Networks (LANs) bring people together around a shared idea, opportunity, or challenge to offer and request information and experiences to improve the identified topic of discussion.

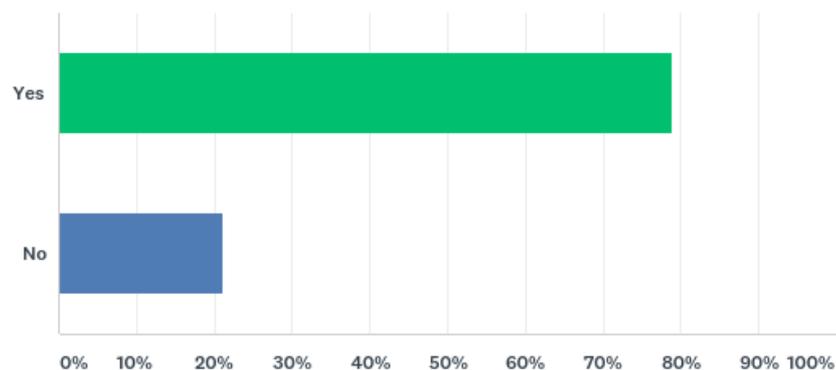
As a participant in today's LAN activity we encourage you to:

- Engage in the chat box. Share your approaches and experiences related to the information being shared and ask questions.
- Apply the information and knowledge being shared to your own facilities and practices to help increase the number of patients dialyzing at home.



Pre-Work Feedback – Question 1

Q1 Does your facility ask patients what matters to them when they start treatment?

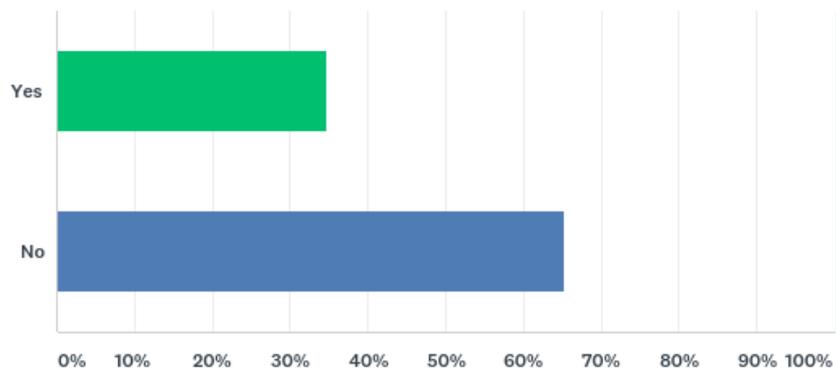


ANSWER CHOICES	RESPONSES
YES	381 (78.88%)
NO	102 (21.12%)
TOTAL	483



Pre-Work Feedback – Question 2

Q2 Does your facility routinely use the Match-D tool?

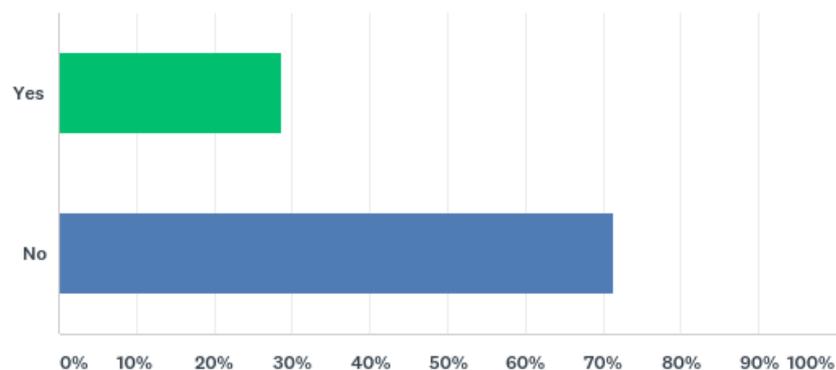


ANSWER CHOICES	RESPONSES
YES	168 (34.64%)
NO	317 (65.36%)
TOTAL	485



Pre-Work Feedback – Question 3

Q3 Does your facility routinely use the My Life, My Dialysis Choice tool?



ANSWER CHOICES	RESPONSES
YES	138 (28.57%)
NO	345 (71.43%)
TOTAL	483



Questions to run on...

- What one idea to increase patients dialyzing at home are *you* excited to try at *your* facility?
- What steps will *you* take to implement a new idea to help patients move their dialysis to home in *your* patient population?
- What actions have *you and your facility* taken to help patients dialyze at home and how can *you* share that to help other patients?

CE Credit Process: Certificate



Home Modality Quality Improvement Activity (QIA) Learning and Action Network (LAN) Call - August 14, 2018

Thank you for completing our evaluation!

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New User Link:

<https://lmc.hshapps.com/register/default.aspx?ID=d6b99dc6-3186-4eff-a583-e91a0258a2fe>

Existing User Link:

<https://lmc.hshapps.com/test/adduser.aspx?ID=d6b99dc6-3186-4eff-a583-e91a0258a2fe>

Submit Feedback



MEDICAL EDUCATION INSTITUTE

Tools for Approaching Patients About Home Dialysis

Dori Schatell, MS

Medical Education Institute

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



Core Curriculum for the Dialysis Technician

A Comprehensive Review of Hemodialysis

My life. My Dialysis Choice

If your kidneys fail, dialysis can save your life. But dialysis is not just a medical treatment. It can also affect every aspect of your lifestyle.

This tool will help you choose the right treatment for you, so you can feel your best and live the way you want to.

[Get Started](#)

Help, I Need Dialysis!

How to have a good future with kidney disease

Don Schellert, MD & Dr. John Ayers

KDQOL COMPLETE

The fast, easy way to use, score, and manage the KDQOL-36!

Save hours of staff time on KDQOL-36 paperwork with KDQOL-COMPLETE!

- Streamline staff workflow and reduce errors with a single-click, all-in-one solution that lets you enter or import data directly into your system.
- Support KDQOL-36 data with 8 different view options and export data to ONE existing system.
- Print KDQOL-36 patient reports in English, Spanish, and other languages or PDF.
- Eliminate errors with built-in QA and automatic data validation.

LIFE OPTIONS

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Home Dialysis Central

Life Options is a program of research, support-based education, and treatment transfer to help you prevent, live long, and live well with kidney disease. A national network of research, education, patient support, and care centers, Life Options and Home Dialysis Central are at the heart of the research.

Free Life Options Materials

Download our free print materials, research-based fact sheets, patient guides, and brochures. Free guides are also available in Spanish.

Starting Better with Exercise & Water

Download our free print materials, research-based fact sheets, patient guides, and brochures. Free guides are also available in Spanish.



HOME DIALYSIS CENTRAL

THERE'S NO PLACE LIKE HOME DIALYSIS CENTRAL

Choosing home dialysis can help you live better. If your health improves, life.

www.HomeDialysis.org

Kidney School

Learning Modules

Audio Book

Free Postcards

Earn CE Credits

Resources for Renal Professionals

What We'll Cover:

- ✦ **Role of emotions in modality choice**
- ✦ **Why to ask “*What Matters to You?*”**
- ✦ **When and how to use the MATCH-D and *My Life, My Dialysis Choice* treatment matcher**

Role of Emotions in Modality Choice



Kidney failure is like a personal tsunami



Strong emotions are *normal*

Terror, anger, depression



People cannot learn when they are afraid

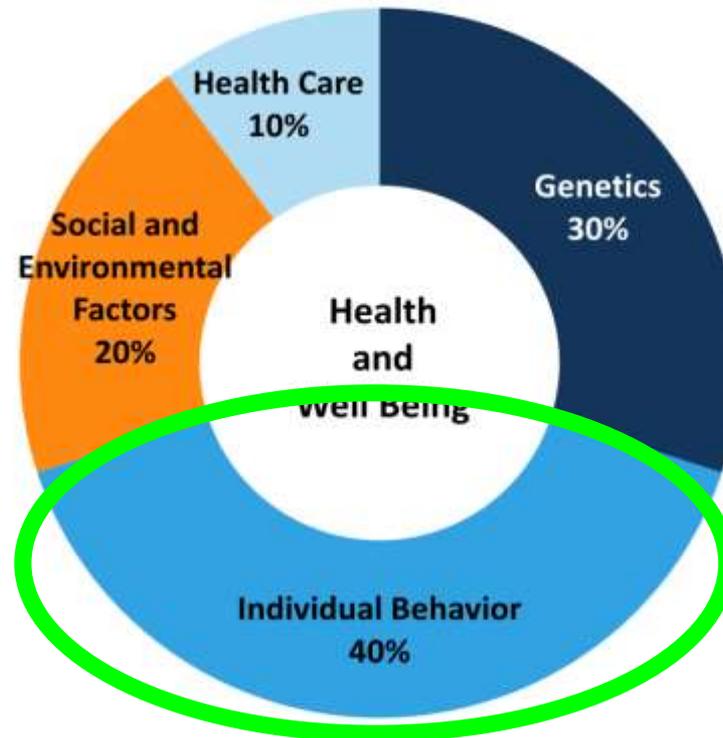
Emotional information impairs memory formation – Lindström BR, bohlin G. *Emotion*. 2012 apr;12(2):384-93



Dialysis affects every aspect of lifestyle

Figure 1

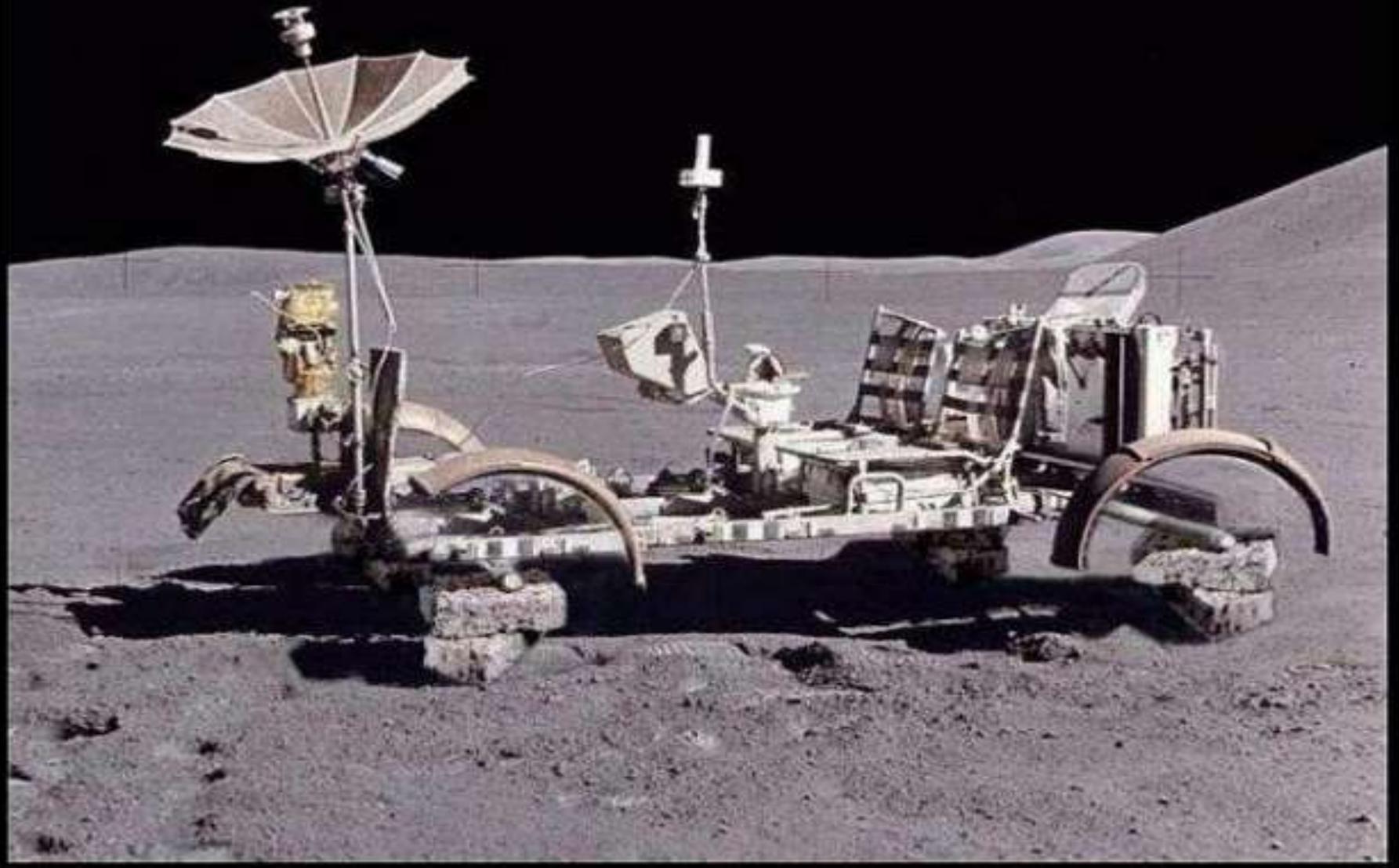
Impact of Different Factors on Risk of Premature Death



SOURCE: Schroeder, SA. (2007). We Can Do Better — Improving the Health of the American People. *NEJM*. 357:1221-8.



40% of Key Health Outcomes are *Patient Driven*



Houston, We Have a Problem

Why to Ask “*What Matters to You?*”



We May View Home Options Like This



Patients May See Them Like This



Without HOPE, patients CAN'T hear us

**When and How to Use the
MATCH-D and
My Life, My Dialysis
Choice Treatment Matcher**

www.mydialysischoice.org

Español

My Life, My Dialysis Choice

a program of the non-profit 

If your kidneys fail, dialysis can save your life.

But, dialysis is not just a medical treatment.

It can also affect every aspect of your lifestyle.

This tool will help you choose the right treatment for *you* so you can feel your best *and* live the way you want to.

Get Started 

or

See How it Works 



What matters to you?

Check the values that matter *most* to you.

For each value you select, you'll be able to rate how each treatment option fits your life.

We'll show you a summary when you're done.

Help, I Need Dialysis!

How to have a good future
with kidney disease



Dori Schatell, MS & Dr. John Agar

Dialysis Lifestyle “Bible”



What matters to you?

Check the values that matter **most** to you.
For each value you select, you'll be able to rate how each treatment option fits your life.
We'll show you a summary when you're done.

Lifestyle Values

- I need to be able to work or go to school
- I need to be able to travel
- I want to be able to eat and drink what I like
- I love to swim and/or take tub baths
- I will NOT give up my pets
- I want to feel well from one day to the next
- I worry about how much [dialysis](#) will cost

Health Values

- I want to be able to sleep as well as I can at night
- I want the best chance for a kidney [transplant](#)
- I want to avoid taking pills as much as I can
- I want to protect my bones, joints, and nerves
- I want to protect my heart
- I want to stay out of the hospital
- I want to live as long as I can



I want to stay out of the hospital

With longer or more frequent [dialysis](#), you have a better chance of staying out of the hospital. The type of access you have also plays a role. An access infection can land you in the hospital. Heart problems and fluid overload also cause lots of hospital stays.

Rate how well each treatment fits this value

 **Peritoneal Dialysis & Hospital Stays**

rate this: ☆☆☆☆

- Do each [PD](#) exchange just as you are taught to avoid hospital stays

But...

- Average of 11.3 hospital days per year. NOTE: includes those who switch options in a year

 **Standard Hemodialysis & Hospital Stays**

rate this: ☆☆☆☆

- if you follow your treatment plan, you may be able to avoid some hospital stays

But...

- Average of 11 hospital days per year. NOTE: includes those who switch options in a year
- One small study found 1/3 fewer hospital stays for [standard home HD](#) than for in-center.

 **Daily Hemodialysis & Hospital Stays**

rate this: ☆☆☆☆

- Daily [dialysis](#) means you can avoid going 2 days with no treatment

But...

- Average of 9.6 hospital days per year

 **Nocturnal Hemodialysis & Hospital Stays**

rate this: ☆☆☆☆

- [Nocturnal home HD](#) is the most [dialysis](#) you can get

But...

- Average of 1-6 hospital days/year for [nocturnal home HD](#)
- Average of 9.6 hospital days per year for [in-center nocturnal HD](#)

My Life, My Dialysis Choice

a program of the non-profit 

Summary

Progress: Summary ▾

Results

My Values	 PD	 Standard HD	 Short Daily HD	 Extended HD
Work / School	★★★★		★★	★★★★
Eating/Drinking	★★★		★★★	★★★★
Feeling Well	★★★		★★★	★★★★
Survival			★★★	★★★★
Totals	10	0	11	16

[+ Add More Values](#)

Save or send your results

Bookmark this page and come back later to see your chart again. Or, fill in your email address and we will send you the link.

We will *only* use your email address to send you your link. We will not keep it. Promise!

[Send Link](#)



www.mydialysischoice.org

1. Known, progressive CKD
2. Urgent start dialysis (“crashes”)
3. Transplant failure
4. Unhappy with current dialysis modality

Four Patient Audiences



2-Phase Study with Nephrologists

Phase 1: “Bad News” study

✿ 8 MDs, 62 patients with eGFR ≤ 25

✿ Audiotaped visits, surveys

✿ 0% asked patients about values

✿ 13% of patients interested in home



Phase 2:

✳ 6 MDs (2 from phase 1), 30 patients

✳ *My Life, My Dialysis Choice* first

✳ ~20 minutes; some needed help

✳ **97% asked patients about their values**

✳ **50% of patients preferred home dialysis**

✳ **MDs loved the tool**



Nephrologist Reaction

*“The decision aid shifts the focus to the patient and starts off at what’s important to them. That’s what we should do more of. A lot of times, at least I know I do that, I’m just thinking **medically** what’s probably a better option... We need to sit down with our patients and just go over My Life, **see what suits their lifestyle better**, and then think about the medical feasibility.”*

Nephrologist Reaction

“The conversations were really eased. You didn’t have to go through the step of breaking bad news. As soon as I entered the room, the summary was in front of me and became a topic of conversation. The patients themselves were saying, ‘This is what I was looking at, and what do you think about this?’”

Take Aways

- ✦ Patients produce their **own** health outcomes
- ✦ A decision aid supports home dialysis choice

Questions



Questions?



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