

Encounter #4

IRC INFORMED

CKD Education Program



**Innovative
Renal Care**

Encounter #4

- Discuss in detail the option patient/family is considering
- See actual equipment/hands on with further education on modality of choice
- Diet review; Q & A
- Meet patients from each modality if possible
- Communicating effectively with family, friends, and health professionals

Overview of Modality Consideration

Nurse Review of the Treatment Option

Nurse (RN) to review in detail the treatment option the patient/family is considering

- See and feel actual equipment
- Meet patient advocate if available
- Visit with hemodialysis center



Diet Reminder and Q & A

Nutrition: What to Expect if You Start Dialysis

No matter the treatment modality, a Registered Dietitian will be available to help:

- Transition your nutrition needs for dialysis
- Assist you in reviewing your labs each month
- Explain how your nutrition affects your labs
- Provide tips on cooking, going out to eat and kidney friendly recipes.
- Recommend nutritional supplements if needed
- Help you enjoy the foods you love all while feeling your best



Nutrition: Review and Questions

Important facts about nutrition and Chronic Kidney Disease

1. Choose a low protein diet to delay kidney disease
2. If diabetic, control your blood sugar
3. Control your blood pressure
4. Choose low sodium foods
5. If your physician recommends it, limit potassium and phosphorus
6. Read food labels to successfully limit your sodium, potassium and/or phosphorus.

What questions can we clarify for you?

Communicating Effectively

Communicating Effectively with Health Professionals

The key to getting good care is through good communication with your healthcare team:

It's normal to:

- Be afraid to talk freely and not want to share embarrassing information
- Feel like there is never enough time to talk things through during appointments
- Hear words and phrases you don't understand

Medical providers share the responsibility of communication issues

- Appear too busy to take the time you need to understand something
- May not see something as important as you do
- We're human –we have bad days

A chronic condition like ESRD forces you to have many professionals working with you to manage symptoms, treatment, prescription regimens, nutrition and coping issues. You should feel comfortable working with them.

Communicating Effectively with Health Professionals

Remember the Boy Scout motto:

- ✓ **BE PREPARED** for each engagement, whether live or telehealth
 - Write down your questions – this is the most powerful tool a self manager has!
 - Prioritize them in order of importance to you with a star

- ✓ **BE CLEAR** about what you need/want
 - Make a list and prioritize these with a star

- ✓ **BE OPEN** and share your thoughts honestly

- ✓ **BE FEARLESS** – there's no such thing as a silly question

Local Chronic Disease Self Management Programs

Did you enjoy some of the things that we have discussed during these visits?



Did you know there may be more intensive courses in your area that are designed to help you become of **self-manager** of your chronic condition?

www.selfmanagementresource.com

Questions?

Speak with your Nephrologist