

Kidney Concerns

In this Issue...

There is No Place Like Home

I grew up clicking my heels together repeating those six words over and over. And the meaning changed as my life circumstances changed. When I moved out on my own for the first time, home was my old bedroom. When we moved across country, home was where I grew up. And now home is my little corner of the world where everything is familiar and I feel some measure of control.

There is a push in the renal community towards home dialysis. This is one of the many forms of dialysis that you perform in the comfort of your own home. You control when and where, and in some instances, how often. But the key point is that you are in control.

Home dialysis might not be a good option for everyone, but for many it is a very real option. I urge you to seriously consider the idea. The benefits to your health and well being are huge, and your quality of life can be greatly improved. After all, isn't that what we are looking for? A better quality of life?

Renal Network 11 is going to be focusing on home dialysis during the upcoming year. They will be exploring and dispelling some of the myths surrounding this topic and attempting to make the referral process easier to understand. Network 11's Consumer Committee is kicking off this project with this issue of *Kidney Concerns*. Notice that we have a new name and logo. Please take time to read each article carefully and with an open mind.

Seriously, there is no place like home!

Maggie Carey,

Renal Network 11 Consumer Committee Chair

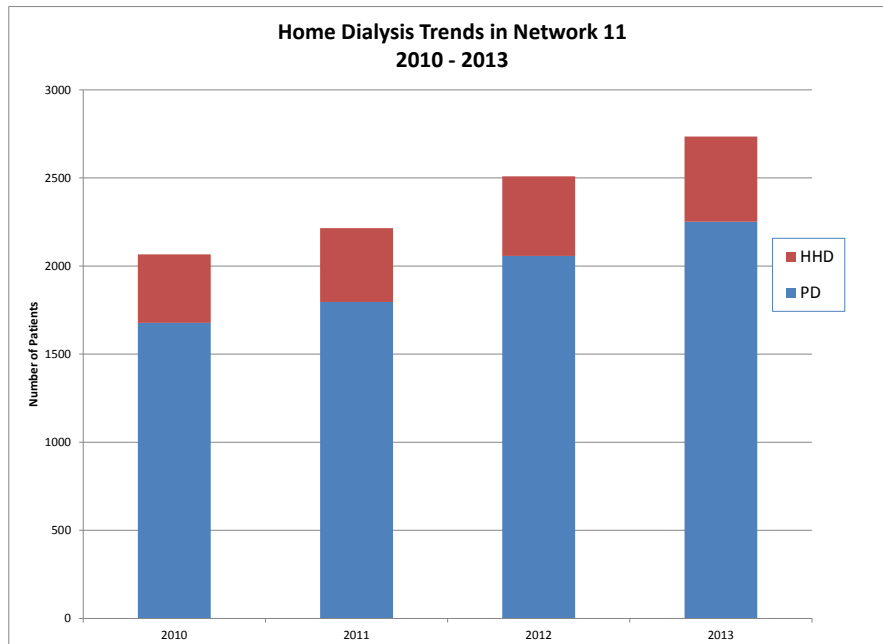
Do you have a question or concern about your dialysis or kidney transplant care? Do you need to file a complaint or grievance?

Contact Renal Network 11
1-800-973-3773
info@nw11.esrd.net
1360 Energy Park Drive, Suite 200
Saint Paul, MN 55108



Home Dialysis

A growing trend in the treatment for chronic kidney disease is doing dialysis at home instead of at an outpatient clinic. While patients have been doing dialysis at home for almost 40 years, the number has been quite small. In Network 11, there has been a steady growth in home dialysis over the past several years.



There are both advantages and barriers to home dialysis. For many patients, the advantages of dialysis at home far outweigh the barriers. Only you and your health care team can make the decision on what will work best for you. Both peritoneal dialysis and hemodialysis can be done at home.

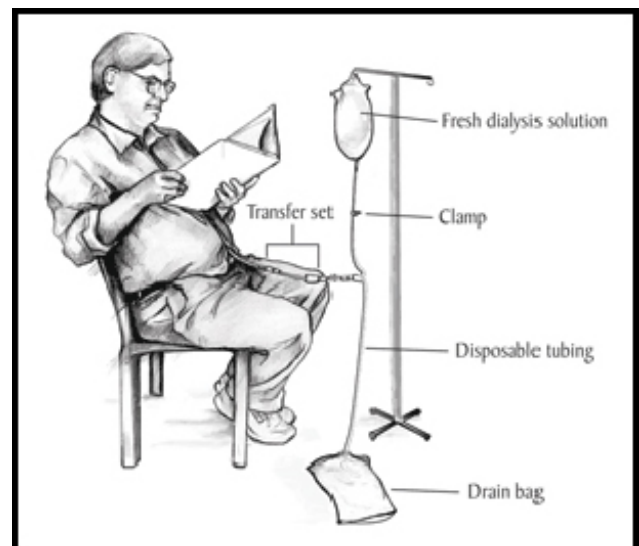
Peritoneal Dialysis

Peritoneal dialysis (PD) is a type of dialysis that takes place inside your body, with the filtration happening through the blood vessels in the lining of your abdomen (peritoneum).

A soft flexible tube (catheter) is surgically inserted into your abdomen, near your belly button. About two weeks after it is inserted, the skin and muscle around the catheter heals. At that time, training for PD can begin. There are two types of PD.

Continuous Ambulatory Peritoneal Dialysis (CAPD)

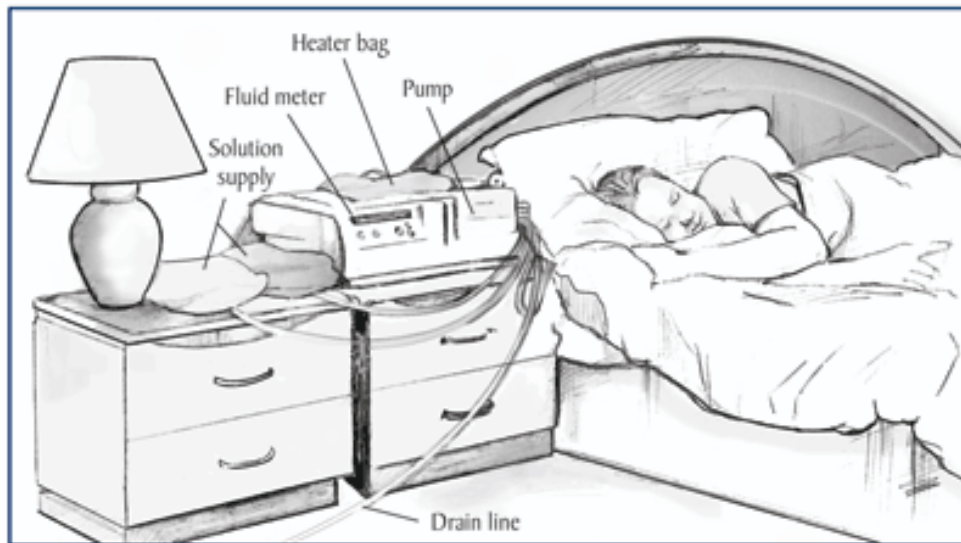
CAPD does not need a machine. A plastic bag of dialysis solution is placed on a hook above your head and allowed to drain into your abdomen through the catheter. Generally, 1.5 to 2 liters (one liter is about one quart) goes into your abdomen (fill). This solution remains in your abdomen for about four hours (dwell), at which time it is drained



out (drain) and fresh solution is put into your abdomen (refill). This process of fill, dwell, drain, and refill is known as an exchange. Most people do four to five exchanges during the day.

Continuous Cycling Peritoneal Dialysis (CCPD)

CCPD is also known as Automated Peritoneal Dialysis (APD). As the name implies, a small machine known as a cycler does the exchanges automatically. This type of dialysis is done overnight while you are sleeping. The cycler can sit on a table by your bed.

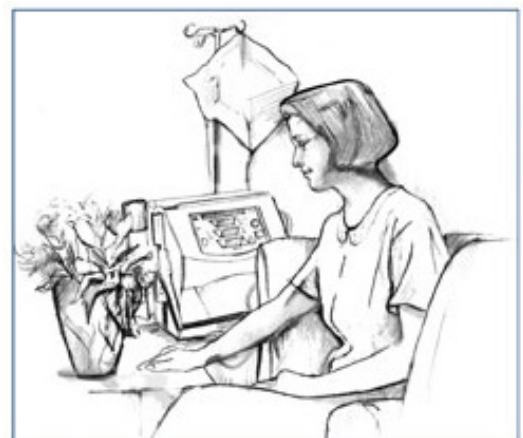


Home Hemodialysis (HHD)

When most people think about hemodialysis, they think of going into a clinic three times a week for three or four hours each time. Hemodialysis can also be done at home using either a smaller version of a dialysis machine or a small portable machine. Which machine is used depends on your individual needs and the preference of your home dialysis clinic.

HHD requires that you have a family member or other caregiver to assist with the dialysis. You and that person will be trained to prepare and run the machine, to insert your dialysis needles, and to handle problems that may arise during the treatment. Your home dialysis clinic will always have a nurse available on call to help you.

The decision to go on home dialysis should be made by you and your health care team. Not all patients are candidates for home dialysis and not all clinics offer this option. If your clinic does not offer it, arrangements can be made with another program that does provide training and support for home dialysis.



If you are interested in this option, talk to your health care team. Ask questions. You are the most important member of your team. The more you learn about different dialysis and transplant options, the more likely you will be to make a well informed decision; one that is right for you!

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Dialysis Facility Compare (DFC) is a website where you can learn more about dialysis facilities certified by Medicare.

Visit Dialysis Facility Compare
www.medicare.gov/DialysisFacilityCompare



Are you a dialysis or transplant patient who lives in Wisconsin?

If you answered “yes” to this question, you should consider serving on the Renal Network 11 Consumer Committee. The Consumer Committee is made up of 13 ESRD consumers from the states of Michigan, Minnesota, North Dakota, South Dakota, and Wisconsin.

We currently have an opening for a member from Wisconsin. The members of this Committee help support Network 11 in its mission to assess and improve the quality of care provided to individuals with End Stage Renal Disease.

If you would like some more information about serving on this important committee, please call our Patient Services Coordinator at 1-800-973-3773.