



A VIDEO SERIES

living
WELL
with kidney failure



HOW TO USE THIS PROGRAM WITH YOUR PATIENTS



National **Kidney** Foundation™

Leader's Guide for Healthcare Professionals

Educating, encouraging, and empowering patients to make healthy choices ultimately leads to better outcomes. The more patients and their families learn, the more likely patients will comply with treatment requirements and integrate treatment programs into their lives.

Disclaimer

The National Kidney Foundation's *Living Well with Kidney Failure* video series was created to help patients understand their choices for treatment of kidney failure. The patients in the videos are real patients who wanted to share their own personal stories, and why the treatments they chose work for them. The videos are not intended to set out the preferred "process" to perform dialysis or receive a transplant, or to endorse any product. Patients should talk to their own healthcare team about their treatment options, and then work with them to choose the best one. The National Kidney Foundation recognizes that every kidney patient has unique treatment needs, and that every dialysis and transplant unit has its own policies, protocols, and procedures.

Contents

2 What is *Living Well with Kidney Failure*?

3 Target Audience

4 What Will Patients Learn?

4 How to Use the Program

6 Materials

- How to Use This Program with Your Patients:
A Leader's Guide for Healthcare Professionals
- Educational DVD
- Booklets
- Record of Participation
- How to Order Materials

9 What's On the DVD?

- What is Kidney Failure?
- How Kidney Failure Affects Your Body
- Kidney Transplant
- Peritoneal Dialysis
- Hemodialysis
- Living Well

15 What is the National Kidney Foundation?

What is Living Well with Kidney Failure?

Living Well with Kidney Failure is a video series created by the National Kidney Foundation to help healthcare professionals around the country teach kidney patients and their families about kidney failure and its various treatment options. There are six videos in the program. Each video has a companion booklet to provide patients with more information and to help them review what they've learned. The six videos and booklets are:

- What is Kidney Failure?
- How Kidney Failure Affects Your Body
- Kidney Transplant
- Peritoneal Dialysis
- Hemodialysis
- Living Well

The video series goes beyond simply informing patients about kidney failure and its treatment. It contains personal, on-camera interviews with patients who are currently undergoing treatment and successfully integrating it into their lives, and their families.

A basic theme of the program is that choosing a treatment is a personal decision, based on a variety of considerations, and is always made with the help and input of a concerned and dedicated healthcare team. The material is presented as objectively as possible, making it clear that there is no one best treatment, and that each patient is an individual with unique medical and personal needs.

The *Living Well with Kidney Failure* video series also gives patients, along with their families, a better understanding of the important role they play in their own care. That begins with learning everything they can about kidney failure and

treatment choices. It also involves learning about other important issues, including comorbid conditions and complications of kidney failure, such as cardiovascular disease, diabetes, depression, stress, sexuality issues, and effects on family relationships. The video series describes the professionals who make up the healthcare team in hospitals, dialysis centers, and transplant centers, and encourages patients to seek their help and advice when needed.

Living Well with Kidney Failure assists healthcare providers with communicating important, complex information in a way that is easily understandable to patients and families. This program encourages patients and their families to reach out to the healthcare team, to understand the roles of its members, and to know that these professionals are there to help them.

Target Audience

The National Kidney Foundation's *Living Well with Kidney Failure* program is designed for:

- Patients starting treatment for kidney failure
- Patients undergoing treatment for kidney failure
- Families of patients

Many people will undergo more than one treatment type during the course of their lives. That's why it's important for all patients—regardless of whether they are about to start treatment or already undergoing treatment—to learn all they can about their treatment options. As patients' lives change, so may their treatment.

What Will Patients Learn?

Patients will learn about kidney failure and what it means when kidneys don't work. This is discussed in the video and booklet called "What is Kidney Failure?"

They will learn about other health problems that can happen as a result of kidney failure, and what they can do. This is discussed in the video and booklet called "How Kidney Failure Affects Your Body."

They'll learn about the two basic treatments available: kidney transplant and dialysis. And they'll learn that there are two different kinds of dialysis: peritoneal dialysis and hemodialysis. Each treatment is discussed in the first video and booklet and more specifically in the videos and booklets called "Kidney Transplant," "Peritoneal Dialysis," and "Hemodialysis."

Patients and their families will also learn about some of the personal and lifestyle changes they can expect, and how they can cope with them, in the video and booklet called "Living Well."

Finally, they will be introduced to some medical terms that may be new to them. To help them get to know these new words, there's a list of "Words to Know" at the end of each booklet.

How to Use The Program

- The six-part video series can be used in group settings and in one-on-one educational sessions.
- Patients can also "sign the videos out" for home viewing and discussion, using the companion booklet for more information and review.
- Patients can write down any questions in their booklets for their next visit.

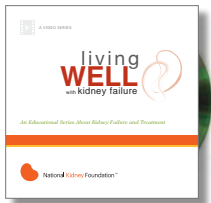
- Each video contains options for:
 - Close-captioned text for the hearing impaired
 - Spanish subtitles
 - Spanish voice-over
- The opening menu of the DVD allows the user to select from:
 - A “Play All Videos” option. To play videos 1 through 6 in order.
 - An option that allows users to play each video separately or in any sequence. Users can choose to watch some—or all—of the six videos.
 - A “Language Options” selection that allows the user to turn on English Closed Captioning, Spanish Closed Captioning, or Spanish voice over. These options can be controlled using standard DVD remotes/ controls.
- The video series is **intended for educational purposes only**. It is not intended to set out the preferred “process” to perform dialysis or receive a transplant, or to endorse any product. The National Kidney Foundation recognizes that every kidney patient has unique needs for treatment, and that every dialysis and transplant unit has its own policies, protocols, and procedures.

Materials

How To Use This Program With Your Patients: A Leader's Guide for Healthcare Professionals

This resource will help you understand how best to use the *Living Well with Kidney Failure* program in various settings, including dialysis and transplant centers. The “Leader’s Guide” contains a description of each component. It also includes key message points and outlines for all six videos. It is a “teach the teacher” resource for the healthcare team members who specifically deliver patient and family educational resources.

Educational DVD



Living Well with Kidney Failure contains six separate videos on one DVD. Each video is about 8 to 10 minutes long and focuses on a single topic.

See also page 9: “What’s on the DVD?”

The six videos are:

- What is Kidney Failure?
- How Kidney Failure Affects Your Body
- Kidney Transplant
- Peritoneal Dialysis
- Hemodialysis
- Living Well

In each video, professional actors play members of a healthcare team whom the viewer might find at any dialysis or transplant center. They provide clinical information, model quality healthcare team behaviors and practices, and direct the viewer to the other videos in the series for additional information.

The videos also contain on-camera interviews with real patients—representing different ages and backgrounds—who share their experiences with kidney failure and its treatments. This allows the viewer to see how others are successfully coping with kidney failure.

Booklets



Each video topic has an accompanying booklet that patients and their families can take home to read at their convenience.

Each booklet includes a review of the video plus additional information. Patients can use the booklets to learn more information, and also to review what they learned from the videos. Each booklet includes:

- Summary and review of the medical information from the video
- Description of the healthcare team
- Additional information not contained in the video
- Glossary of medical terms used in the video and booklet
- A place to write down questions and names of their healthcare team
- A short quiz that the patients can do on their

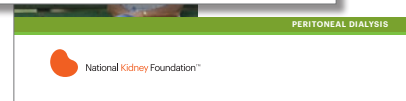
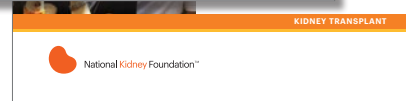
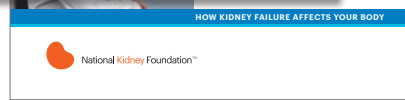
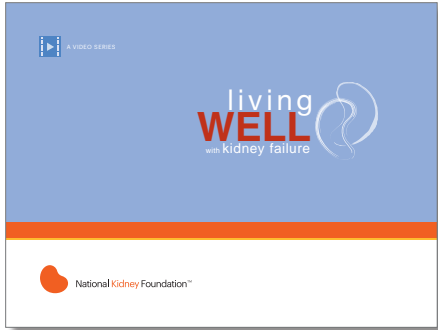
own to reinforce learning and encourage retention of key educational messages

Record of Participation

The *Record of Participation* lists each of the components of the program, and includes a place for the patient's signature. This form can then become a permanent part of the patient's treatment record and can be used by the dialysis healthcare team to document patient education progress.

How To Order Materials

To reorder materials, including additional patient booklets, go to the National Kidney Foundation website at: www.kidney.org/store



PLACE MEDICAL RECORDS ENTRIES HERE

living WELL
with kidney failure

Record of Participation

This is to confirm that _____ viewed the following educational video(s) and/or the booklet from the "Living Well with Kidney Failure" series. You may wish to keep this document in his/her medical record.

DATE: _____ VIDEO: _____

What is Kidney Failure?
 Video _____
 Booklet _____

How Kidney Failure Affects Your Body
 Video _____
 Booklet _____

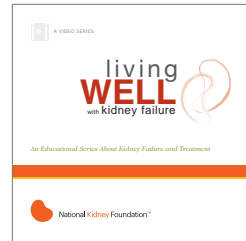
Kidney Transplant
 Video _____
 Booklet _____

Peritoneal Dialysis
 Video _____
 Booklet _____

Hemodialysis
 Video _____
 Booklet _____

Living Well
 Video _____
 Booklet _____

© 2011 National Kidney Foundation. All rights reserved. 01-0001-001



What's On The DVD?

The content and key message point of each video is summarized below.

1. What Is Kidney Failure?

Key message: Taking charge of your health begins with understanding what kidneys do and why they are important to your health.

- Introduction
- What kidneys do and why they are important to health
- What is kidney disease and kidney failure?
- There are two treatments for kidney failure—kidney transplant and dialysis
 - Kidney transplant
 - Dialysis
 - ◆ Hemodialysis
 - ◆ Peritoneal dialysis

- Things to consider when choosing a treatment
 - Your medical condition
 - Your lifestyle
 - Other considerations (you also have a choice to end treatment or to never start it)
- You will have a healthcare team to help you
 - Description of healthcare team members, including the transplant team
 - You are the most important member of the team!
- Review

2. How Kidney Failure Affects Your Body

Key message: You can have an active role in managing the complications of chronic kidney disease and other medical conditions you may have (like diabetes), which will help you live longer and live better.

- Introduction
- Kidney failure causes other health problems (i.e., complications)
 - Heart and blood vessel disease
 - High blood pressure
 - Cholesterol problems
 - Anemia (low red blood cell count)
 - Mineral and bone disease
 - Poor nutrition
 - Depression
- What you can do:
 - Know your healthcare team is there to help
 - Take steps to control high blood pressure, diabetes, anemia, cholesterol, mineral and bone problems, poor nutrition, depression, and, most importantly, heart disease
 - Work with your healthcare team to create a plan of care to manage your health
 - ◆ Track your lab results
 - ◆ Take all your medicines
 - ◆ Eat healthy meals
 - ◆ Get regular physical activity
 - ◆ Manage stress
 - ◆ Stay close to others; get social support; do things you enjoy; and stay involved in the world around you
 - ◆ Get help with “sadness” or depression if you need it.
- The role of your social worker
- Review

3. Kidney Transplant

Key message: Kidney transplant is a treatment option for kidney failure that you may be able to consider, even if you are already on dialysis. Some basics about kidney transplantation are introduced.

- Introduction
- What is a kidney transplant?

- An operation that places a healthy kidney from another person into your body
- It is a treatment, not a cure. Even with a kidney transplant, you still have chronic kidney disease and may still need some of the medicines you took before the transplant
- Where do transplanted kidneys come from?
 - Live donors
 - Deceased donors
- The transplant operation
- The role of anti-rejection medicines
- What happens if your body rejects the kidney?
- Advantages and disadvantages of a transplant
- Who is a good candidate for a transplant?
 - Not everyone is eligible
 - Talk to your doctor to see if you are eligible
 - Even if you are already on dialysis, you may still be eligible to have a kidney transplant

- Getting evaluated for a transplant
- Review

4. Peritoneal Dialysis

Key message: There are different types of dialysis. You have a choice when it comes to the type of treatment you prefer, and your preferences need to be considered. Even if you are already on dialysis, it may be possible to change to another type of treatment for kidney failure.

- Introduction
- There are two treatments for kidney failure—dialysis and kidney transplant
- What is peritoneal dialysis (PD)?
 - A treatment that removes wastes and extra fluid from blood
 - Your blood is cleaned inside your body, not outside
 - You will need to have a catheter. A minor operation is needed.

- Two different types of PD:
 - ◆ CAPD (Continuous Ambulatory Peritoneal Dialysis)
 - ◆ ADP (Automated Peritoneal Dialysis)
- Some advantages and disadvantages of peritoneal dialysis
- Following your treatment plan
- Diet and medicines
- Review

5. Hemodialysis

Key message: There are different types of dialysis. You have a choice when it comes to the type of treatment you prefer, and your preferences need to be considered. Even if you are already on dialysis, it may be possible to change to another type of treatment for kidney failure.

- Introduction
- There are two treatments for kidney failure—dialysis and kidney transplant
- What is hemodialysis?
 - A treatment that removes wastes and extra fluid from blood
 - Your blood is cleaned outside your body using a machine
 - You will need to have an access. This involves minor surgery.
- Can be done at home or in a dialysis center
 - Describe home hemodialysis
 - ◆ Advantages/disadvantages
 - Describe in-center hemodialysis
 - ◆ Advantages/disadvantages
- Following your treatment plan
- Diet and medicines

- Getting the right amount of dialysis
- Review

6. Living Well

Key message: Whatever your choice of treatment now or in the future, it is possible to live a long, satisfying life with kidney failure.

- Introduction
- The challenge of living with kidney failure
- Understanding the connection between your emotional well-being and your physical health
- What you can do
 - Your emotions
 - ◆ What you're going through is normal
 - ◆ Learning to cope
 - ◆ Asking for help if you need it

- Psychological health (positive attitude, sense of humor, realistic goals, spiritual beliefs, etc.)
- Intimacy (marriage, family, relationships)
- Social activity
- Staying informed
- The National Kidney Foundation can help
- Review

Your patients may undergo more than one treatment type during the course of a lifetime. That's why it's important for all patients with kidney failure—whether they are starting treatment or already undergoing treatment—to learn about their options.

About the National Kidney Foundation



The National Kidney Foundation (NKF) is a team member working behind the scenes. The NKF offers programs like “Living Well with Kidney Failure” so that you and your family can learn about kidney disease and kidney failure.

The NKF also supports patient and community services, research, professional education, organ donation, and public information programs.

Please feel free to review the “Living Well with Kidney Failure” program as often as you like. There are six videos and booklets in this program. If you have any questions at all, ask any member of your healthcare team, or call the National Kidney Foundation at any time.

The toll-free number is **1.855.NKF.CARES (1.855.653.2273)**
www.kidney.org

Acknowledgments

The National Kidney Foundation is grateful to the patients, clinicians, dialysis units, and transplant centers that helped make this program possible.

Support provided by:





© 2013 National Kidney Foundation, Inc. All rights reserved. 01-10-5099_LBC



National **Kidney** Foundation™

30 East 33rd Street, New York, NY 10016, www.kidney.org