



## Home Treatment Options

When considering home treatment options, ask yourself the following questions:

- Would I like more flexibility in my dialysis schedule?
- Would I like to get my dialysis treatments without leaving the house?
- Would I like a more normal diet?
- Would I like to have fewer transportation hassles?

If the answer to any of these questions is yes, then home dialysis may be for you!

There are two different kinds of home dialysis:

**Home Hemodialysis (HHD):** In hemodialysis, blood is pumped out of your body to a machine that acts as a kidney. The machine filters (cleans) your blood, then returns it to your body. You can do your own hemodialysis at home, with help from a friend or family member (care partner), during the daytime, or overnight (nocturnal).

**Peritoneal dialysis (PD):** In PD, blood vessels in the lining of your belly (peritoneum) filter your blood. This is done with the help of a cleansing fluid (dialysate). The dialysate flows into and out of your peritoneal space through a soft tube (catheter) that has been surgically implanted in your abdomen (stomach).

Home dialysis gives you flexibility, control, and most importantly, it gives you your life back—more time with your family, more freedom with your diet, and more time for you.

**Ask your nephrologist or another member of your dialysis care team if a home modality would be right for you!**

Source: [https://esrdncc.org/contentassets/ec4d99ecbd7a4572b75a252ed5618a1d/esrdncc\\_patient\\_toolkit\\_treatment\\_choices\\_final\\_508.pdf](https://esrdncc.org/contentassets/ec4d99ecbd7a4572b75a252ed5618a1d/esrdncc_patient_toolkit_treatment_choices_final_508.pdf).

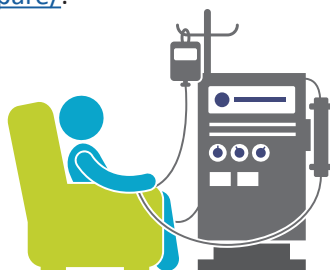
## Dialysis Facility Compare

Dialysis Facility Compare (DFC) is a website that provides information on more than 7,000 dialysis facilities throughout the country. It allows you to compare statistics from the dialysis facilities in your area to choose the one that is right for you or your loved one. The information on DFC can help you learn how:

- Well dialysis facilities care for their patients.
- Often dialysis facilities follow best practices.
- Effective dialysis facilities are at keeping patients healthy.
- Patients responded to a survey about their experiences at dialysis facilities.

When you are looking for a new center, talk to your doctor and current dialysis facility staff about what this information means and how you can use it to make an informed decision. You can visit the DFC here:

<https://www.medicare.gov/dialysisfacilitycompare/>.



## Coping With Coronavirus 2019 (COVID-19)

## Telehealth Patient Voice

Dialysis patients everywhere have been coping with the COVID-19 pandemic for months. It has caused many issues for patients related to dialysis treatments (e.g., wearing a mask, not being able to eat while on the machine) and has been emotionally challenging (e.g., stress and loneliness). Below are some ways to help you cope with this difficult situation:

- Get your information from credible sources. We recommend the following:
  - The U.S. Coronavirus Emergency Response: <https://www.coronavirus.gov/>
  - Centers for Disease Control: 800.CDC.INFO (800.232.4636)
- Connect with others:
  - Connect with friends, family, or others in the dialysis community via phone.
  - Reach out through a virtual support group, such as the National Kidney Foundation (NKF) PEERs Program:
    - 855.NKF.PEERS (855.653.7337)
    - <https://www.kidney.org/patients/peers>
- Acknowledge emotions and build coping skills:
  - It is okay to feel all kinds of emotions during times of stress. It is your body's way of telling you something important is happening. It is normal to feel sad, anxious, irritated, restless, and forgetful. Many people also have trouble concentrating and sleeping.
  - Talk to people you trust, either at the dialysis facility or at home, about what you are feeling. Your dialysis clinic is a great resource!
  - Try creating a new routine. Do something you enjoy every day.
  - Remember to breathe. Schedule some time to relax and slow down.

Sources: <https://esrdncc.org/globalassets/covid-19/patient-empowerment-strategies-for-coping-with-covid.pdf>; and <https://esrdncc.org/globalassets/covid-19/ncccredibleresources508.pdf>

If you have questions about how to voice a concern or grievance, check out this helpful tool created BY patients FOR patients: [www.esrdnetworks.org/resources/toolkits/patient-toolkits/dialysis-patient-grievance-toolkit-1](http://www.esrdnetworks.org/resources/toolkits/patient-toolkits/dialysis-patient-grievance-toolkit-1). To file a grievance, please contact your network below:

### Network 7: Florida

T: 800.826.3773  
E: [NW7info@hsag.com](mailto:NW7info@hsag.com)  
[www.hsag.com/ESRDNetwork7](http://www.hsag.com/ESRDNetwork7)  
3000 Bayport Dr., Suite 300  
Tampa, FL 33607

### Network 13: Arkansas, Louisiana, Oklahoma

T: 800.472.8664  
E: [NW13info@hsag.com](mailto:NW13info@hsag.com)  
[www.hsag.com/ESRDNetwork13](http://www.hsag.com/ESRDNetwork13)  
4200 Perimeter Center Dr., Suite 102  
Oklahoma City, OK 73112

### Network 15: Arizona, Colorado, Nevada, New Mexico, Utah, Wyoming

T: 800.783.8818  
E: [NW15info@hsag.com](mailto:NW15info@hsag.com)  
[www.hsag.com/ESRDNetwork15](http://www.hsag.com/ESRDNetwork15)  
3025 S. Parker Rd., Suite 820  
Aurora, CO 80014

### Network 17: American Samoa, Guam, Hawaii, Northern California, Northern Mariana Islands

T: 800.232.3773  
E: [NW17info@hsag.com](mailto:NW17info@hsag.com)  
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My experience with telehealth appointments has been a great benefit in my own life, although a bittersweet situation due to the COVID-19 tragedy. My brother recently lost his life to COVID-19 in New York. He was a charming man with a hearty laugh, and I will miss him dearly. To honor my brother, and all those who have fallen from COVID-19, I told myself I would do my best to stay safe and healthy. I know all the changes and this new way of life is stretching us, but it is important as pre-transplant, post-transplant, and dialysis patients to take extra precautions.



Sonia Piatt, Patient Subject Matter Expert, Network 7

One way to take extra precautions is to use telehealth for doctor appointments. Telehealth is a digital correspondence between you and your medical provider. You can use your phone, computer, text, email, or a patient portal. I used my phone for my appointment and waited for my doctor in the comfort of my home. I had my questions, symptoms, and dosage of medications I take all written down. My appointment lasted about 30 minutes.

If you are not savvy with technology, ask your doctor or nurse to explain their telehealth method to you. Then ask a caregiver, friend, relative, or advocate for help with guiding you in preparation for your appointment. Doing your appointments via telehealth saves you from traveling, waiting in a doctor's office, and exposure to germs of any kind, especially COVID-19. It also saves you money on gas, childcare expenses, and any other expenses you may incur from traveling. Telehealth brings safety, convenience, comfort, and peace.

Be SAFE, Be SMART, and LIVE YOUR LIFE.

### Feedback!

Let us know how we're doing:

<https://www.surveymonkey.com/r/esrdptnewsletter>

