## MY PLAN: Patient Plan of Care (POC) Meeting Checklist

Get ready for your POC meeting with this checklist created by patients, for patients.

## **BEFORE THE MEETING:**

Ш	Ask your care team when your POC meeting will be scheduled.	
	If you don't want to return to the facility for a meeting on your day off, ask for a date and time	
	that works for your schedule or the possibility of a phone conference.	
	Ask that the facility staff remind you of the meeting the day before.	
	Ask for an interpreter, if needed.	
	☐ Ask for a copy of the POC that the other members of the team have completed prior	
	meeting. It should include:	
	✓ The dose of your dialysis (such as the length of your treatment)	
	<ul> <li>Adequacy of treatment (how well dialysis is cleaning your blood)</li> </ul>	
	✓ Nutritional status	
	✓ Mineral metabolism or bone health (phosphorus, calcium, PTH, etc.)	
	✓ Anemia (hemoglobin levels, IV Iron and Epogen administration)	
	✓ Your vascular access type (fistula, graft, or catheter)	
	✓ Psychosocial status (your level of adjustment to dialysis, insurance coverage, etc.)	
	✓ Your treatment type and preferences (home hemodialysis, in-center hemodialysis,	
	peritoneal dialysis)	
	✓ Transplant status and preferences	
	✓ Rehabilitation status (employed, retired, desiring to return to work)	
	If your lab results are not included on the POC, ask your healthcare team for the latest copy.	
	Ask a family member or friend to attend the meeting with you. Your facility may also have a	
	patient advocate that could attend with you.	
	Make a list of questions, concerns, and observations you may want to discuss. For example:	
	sleeping problems, muscle cramping, feelings of sadness, issues with staff, etc.	
	Take a list of all the medications you are currently taking,	
	including over the counter medications and vitamins or	
	supplements, to the meeting.	



DURING THE MEETING:		
	If not already provided, request your own copy of the POC the other members of the team have already completed.  Check the medications listed on the POC to be sure they are correct.  Review your dialysis treatment prescription lab results (Kt/V, URR), to make sure you are receiving the right amount of treatment for YOU.  Ask the list of questions or address the list of concerns you brought with you.  Ask if other members of the team have concerns related to your POC.  Write your comments on the POC.  Request that any changes in your POC made during the meeting are included prior to your signing the POC, and keep a signed copy for your records. You may want to compare this POC to next year's version.	
Your quest	TIONS OR CONCERNS:	