

CKD Education

LIVING WELL WITH YOUR CHOICES



1

EMPOWER YOURSELF WITH INFORMATION

Know your options:

- Transplant
- Peritoneal dialysis
- Hemodialysis
- Conservative kidney management

2

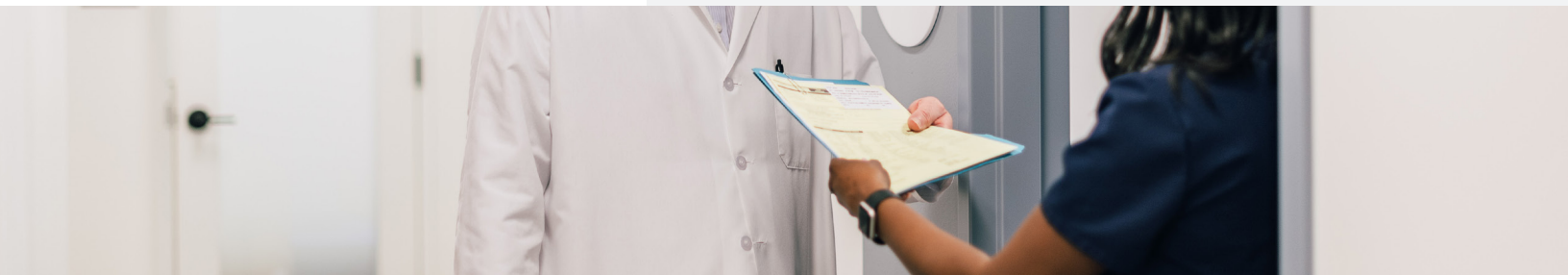
PALLIATIVE CARE

- ✓ Goal is to relieve pain, stress and symptoms of serious illness.
- ✓ Team approach.
- ✓ Doctors, advanced practitioners, nurses, social workers and other specialists.
- ✓ Can be provided alongside restorative treatment.
- ✓ Communication is key.

3

HOSPICE

- ✓ Medical and emotional care in a terminal condition with life expectancy of six months or less.
- ✓ Provided in the home, hospital, nursing home, assisted living facility, or a hospice facility.
- ✓ Supports the patient and family.
- ✓ Goal is to provide comfort, caring and safety at the end of life.
- ✓ Doctors, advanced practitioners, nurses, and social workers, home health aides, and specialists.



CONSERVATIVE KIDNEY MANAGEMENT

- Using medications to control symptoms of kidney failure.
- Team approach.
- Ongoing focus on slowing loss of kidney function.
- Some people do not want to do dialysis, or are not good candidates for dialysis or transplant.
- Communication is key.

WHAT IS ADVANCED DIRECTIVE?

Gives all legally competent adults the right to make decisions today about future health care treatments they would want if they could not communicate in the future.

Everyone can have an advance directive, even people who do not have health problems. There are two kinds of advanced directive:

LIVING WILL

List which life sustaining medical treatments you want or don't want if you become unable to make decisions.

Examples: CPR, dialysis, mechanical ventilation

DURABLE HEALTH CARE POWER OF ATTORNEY OR HEALTH CARE PROXY

Determines who you want to make health care and medical choices for you if you are unable to convey your wishes.

COMMON WORRIES ABOUT KIDNEY FAILURE

How long can I live?

How long can I live?

How will I pay for treatment?

What about my sex life?

How will I feel?

Can I still work?

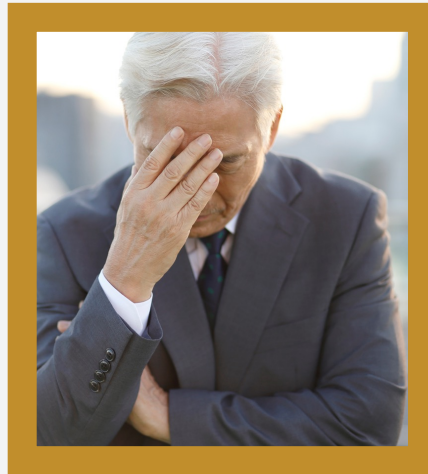
Can I still travel, exercise, and eat
foods I like?

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It's normal to have concerns about
beginning treatment for kidney failure

COMMON EMOTIONS

- Feelings of loss/grief
- Confusion
- Sadness
- Denial/shock
- Anger
- Anxiety
- Fear
- Guilt



DEPRESSION

DEPRESSION IS:

- A serious medical condition
- Common in people with chronic illness
- Treatable

Watch for depression and get help if you need it.

ADDITIONAL ADVICE



-
- Build social support
 - Emotional health is as important as physical health
 - Identify the things you can and cannot control
 - Set realistic goals
 - Try to continue to do all the activities that you normally do

EMPLOYMENT/ WORK



-
- Helps you stay active and connected to the world around you
 - Understand your financial needs and resources
 - Know your current insurance coverage – Medicare, private health insurance, employer health insurance, COBRA, state programs veteran’s benefits, state kidney programs (where available).
 - Refer to your “resource list”

ACTION ITEMS



Maintain a healthy diet.



Exercise regularly.



Travel when you can – it is possible!



Take your prescribed medications.

REMEMBER

Kidney disease is part of your life, not your whole life

- Take things one step at a time
- Maintain social support (family/friends) and keep doing activities you enjoy
- Health care professionals and other experts are available to support you and answer your questions.

QUESTIONS?

InterMed Consultants has been providing renowned kidney care in the Minneapolis area, as well as greater Minnesota, since 1979.

Address: 6600 France Ave South, Suite 162
Edina, MN 55435

Phone: (952) 920-2070

