



**Providence
Health Care**

How you want to be treated.



Choosing a treatment for kidney failure





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How you want to be treated.

Tips & Security

- This session will start promptly at 1pm. Until then you will hear silence BUT you are at the right place
- We have muted your audio. You can hear us but we cannot hear you.
- We have turned off your video. You can see us but we cannot see you.

WEBINAR!

Modality Choices for Patients with Kidney Disease

Thursday, June 22 @ 1:00-3:00pm PDT



Your Kidney Care Clinic team at St. Paul's Hospital invites you and your family/friends to this exciting virtual learning opportunity.



Modality Choices

Kidney Transplant
Peritoneal Dialysis
Hemodialysis
Conservative Care



This webinar will explore the different treatment options and help you think and plan which might work best for you. Understanding the information will help with further discussions with your primary nurse and kidney doctor.

How can I join?

COMPUTER, TABLET & SMARTPHONE:
Webinar ID: 820 4130 8045
Password: 907014

Register in advance for this Virtual Health Visit:
<https://bit.ly/433Fx10> (please copy and paste)

TELEPHONE:
1 (833) 955-1088 toll free and entering the above Webinar ID and Password.



Questions?

Please contact your primary Kidney Care Clinic nurse at 604 808 9125



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Land Acknowledgement

*We acknowledge with gratitude
that we are speaking to you
from the traditional, ancestral
and unceded territories of the
Musqueam, Squamish, and
Tsleil-Waututh First Nations*

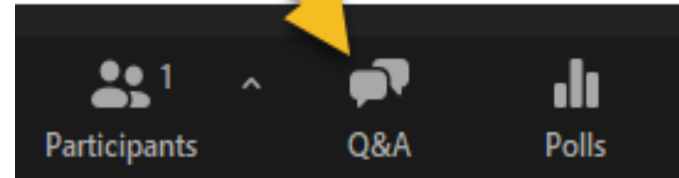




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Housekeeping

- We have muted your audio and video
- **General** questions are welcome throughout the presentation, as well as at the end
- To ask a question, click/tap on **Q&A**
 - Type your question and press enter
 - When there is a break in the presentation or at the end, your question will be posed to our presenter(s)





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Today's Session:

Intro – David Grenkov, RN

Transplant - Kristi Kristensen , RN

Peritoneal Dialysis – Kristi Kristensen , RN

Hemodialysis (Facility-based) - Leilani Borja , RN

Home Hemodialysis - Mel Campbell, RN

Conservative Care – David Grenkov, RN



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Choosing a treatment for kidney failure



Kidney function

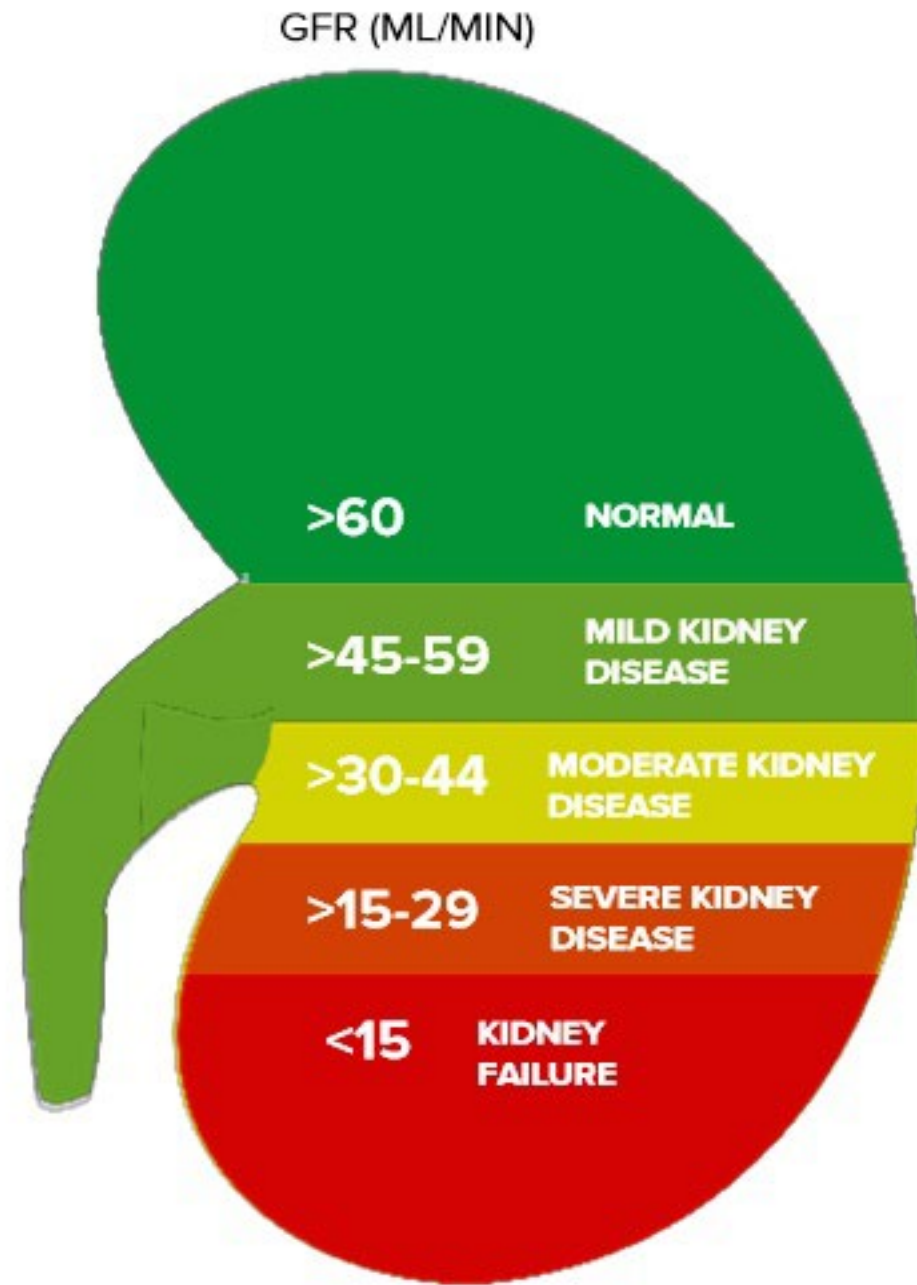
Failed kidneys lead to health complications.



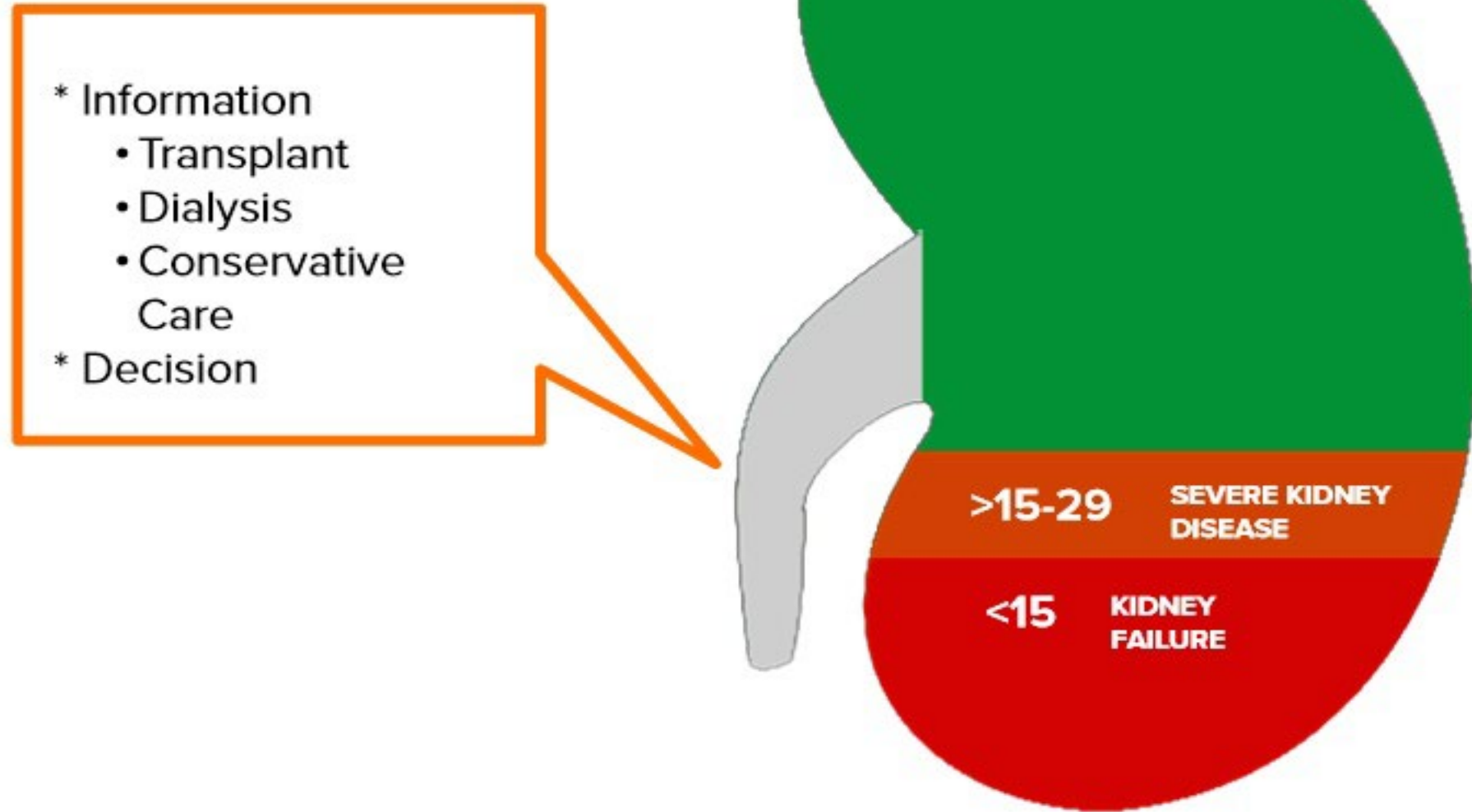
Different treatment options are available for when kidneys fail.



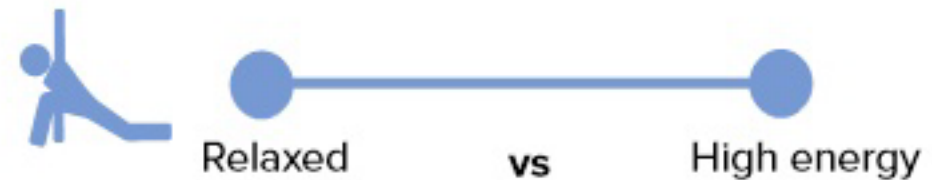
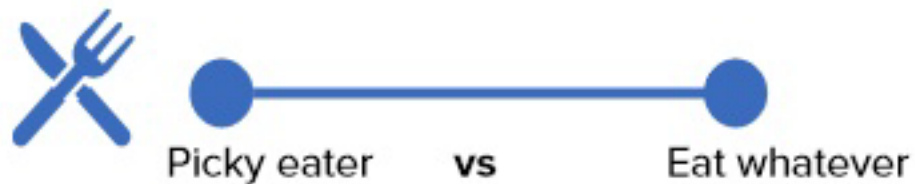
All about you



All about you



What's important to you?





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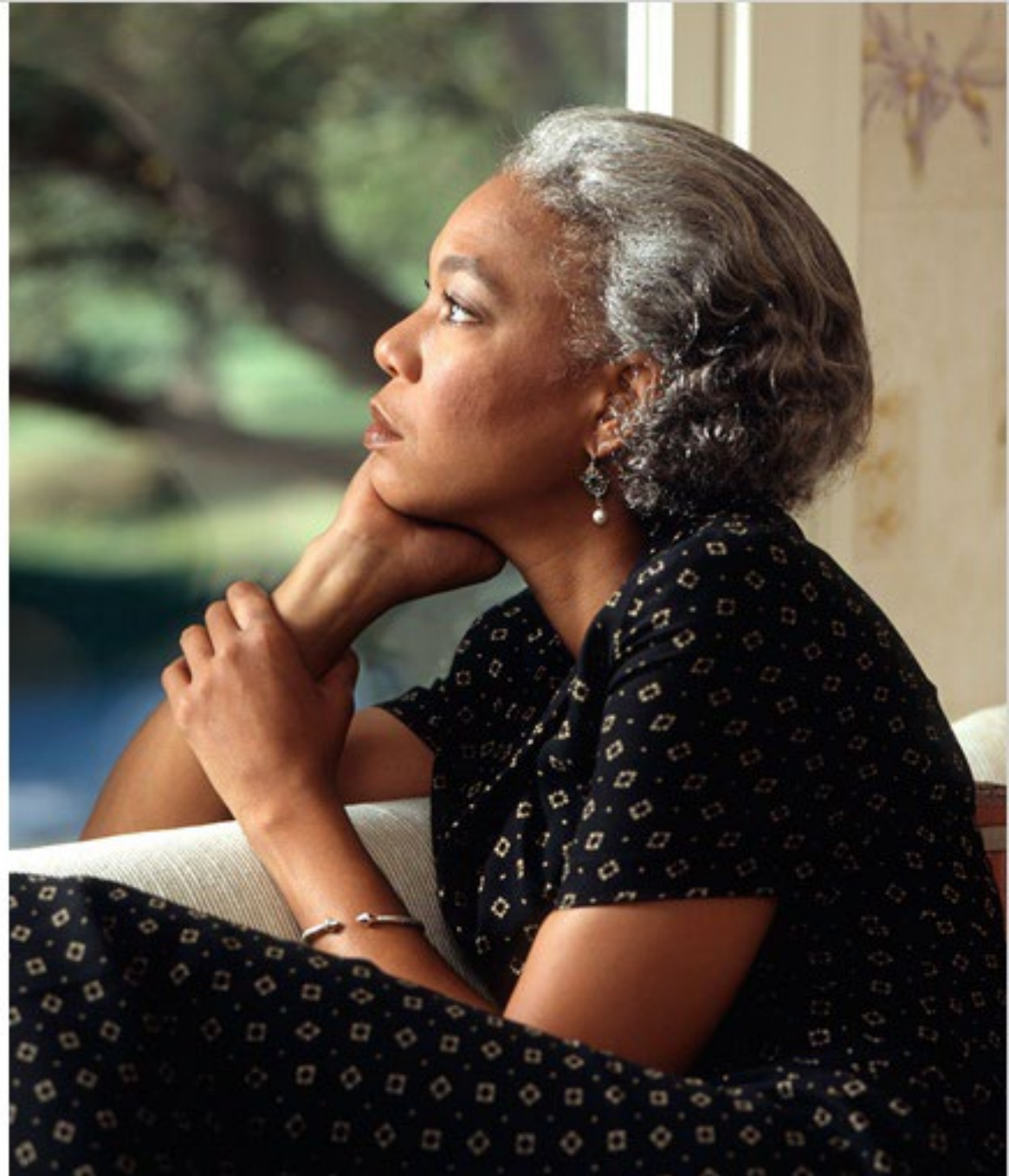
Choosing a treatment for kidney failure

Purpose: To discuss about the treatment options available to patients when their kidneys fail

Goal: To help you think about the treatment option(s) that might work best for you so you can discuss with your Kidney doctor (nephrologist) and/or primary nurse



**What would work
best for you?**





Choose the treatment options



Transplant



Peritoneal
Dialysis



Hemodialysis



Conservative
Care



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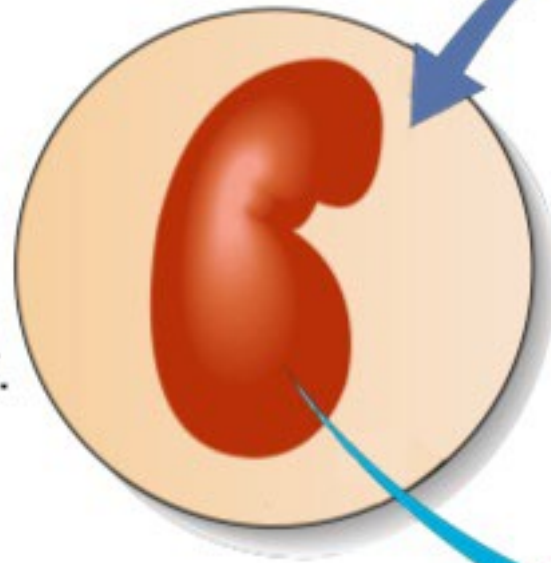
Transplant

**The preferred
treatment for most
patients with
kidney failure**

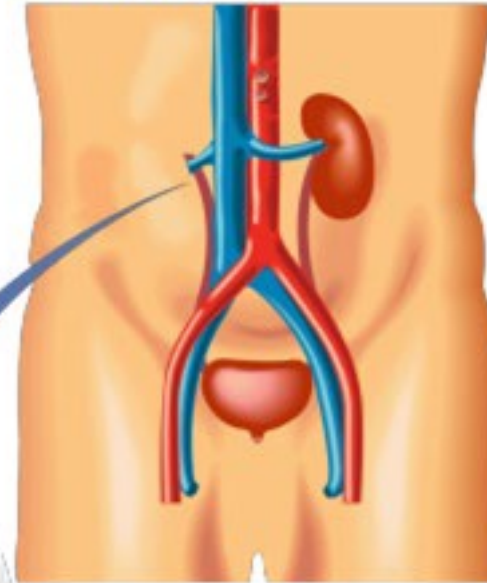


What is a kidney transplant?

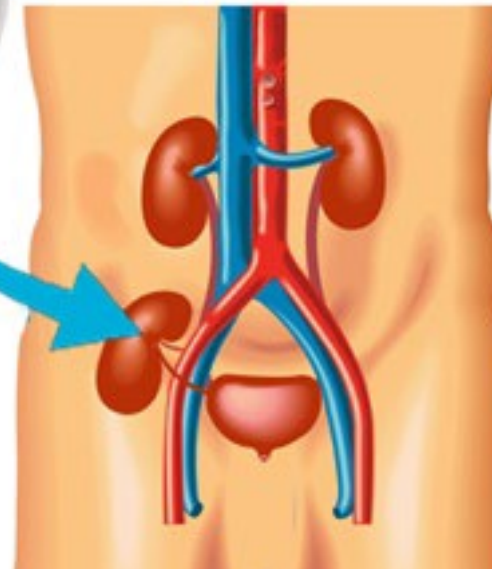
An operation (surgery) that places a healthy kidney inside your body.



FUNCTIONING
KIDNEY



TRANSPLANTED
KIDNEY



Types of transplant



Living Donor Transplant



Deceased Donor Transplant
(Option for dialysis patients only)

Living donor transplant



The kidney **donor** is alive



Actual wait time depends on blood group and presence of antibodies.

Deceased donor transplant

(Dialysis patients only)



The kidney **donor** has died.



Waitlist is 2 to 8 years.





Transplant benefits

Living vs deceased donor



- Last longer.
- Lower risk of rejection.
- Allow better overall health.
- Done before kidney failure.



MUST be on dialysis.



Talk with your Kidney Care Team about finding a living donor.

Transplants take time



There is a wait time
for a kidney
transplant.



Which type of
dialysis?



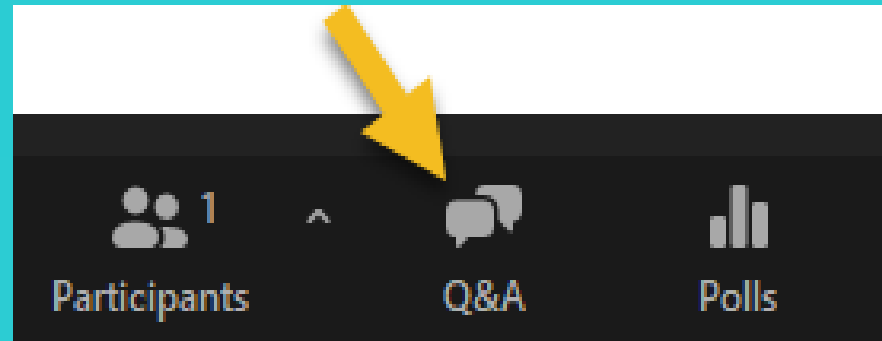
Consider what's
best for you.



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Got questions about your Kidneys? Or about Transplant?

Enter your question to the Q&A and we'll try to answer live NOW!





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Peritoneal
Dialysis

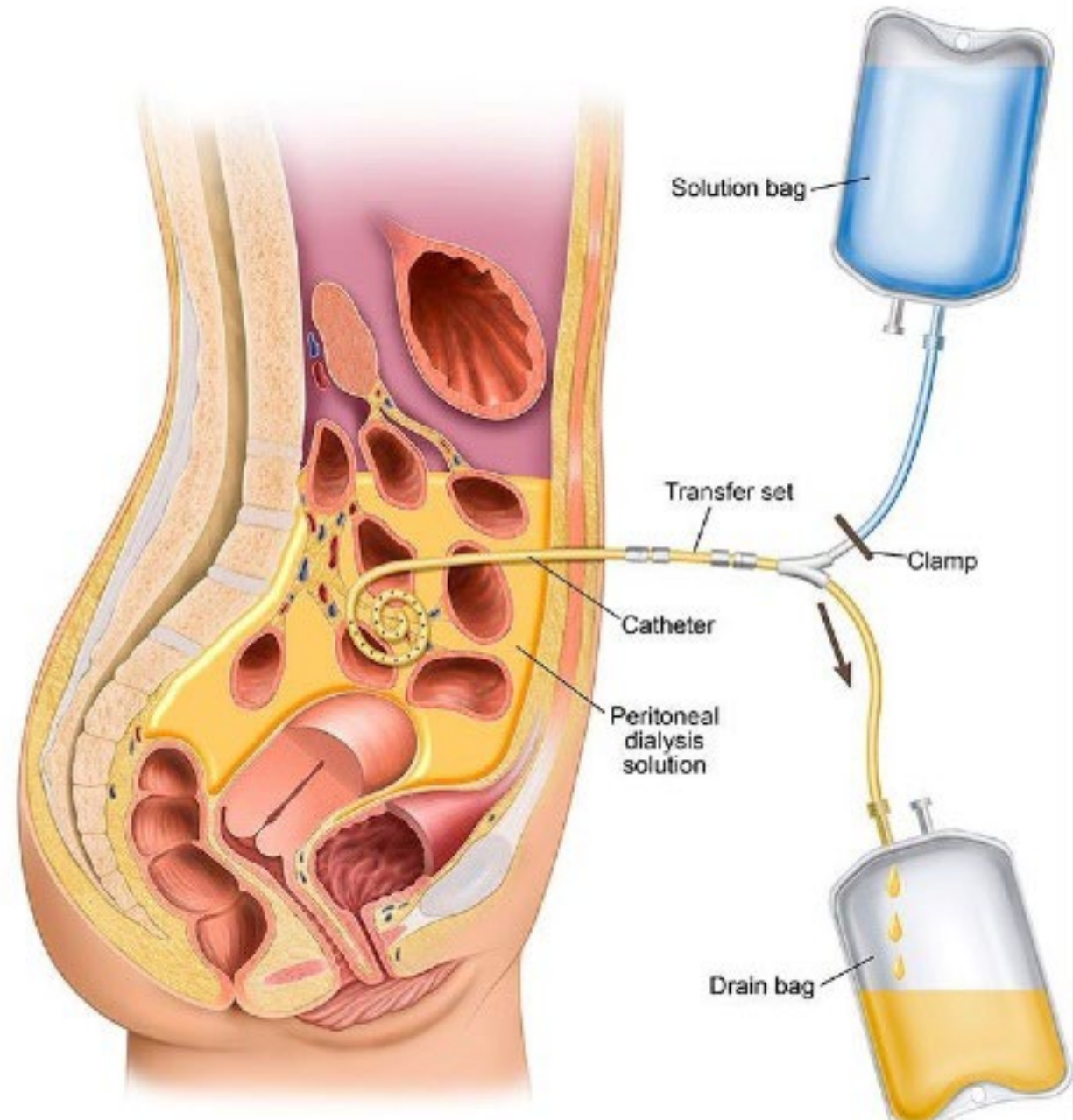
Peritoneal Dialysis (PD)



What is peritoneal dialysis?

With PD, a cleansing fluid flows through a tube (catheter) into your abdomen to filter waste and extra fluid from your blood.

The fluid dwells for a period of time and is then drained out of your abdomen with the waste products.



PD is a home-based dialysis

You can do PD during the day or while you sleep.



You will need a PD catheter inserted into your peritoneal cavity to do PD.



Types of peritoneal dialysis



1. Continuous ambulatory peritoneal dialysis (CAPD)

- Performed manually.
- Done during the day.
- 4 exchanges per day.

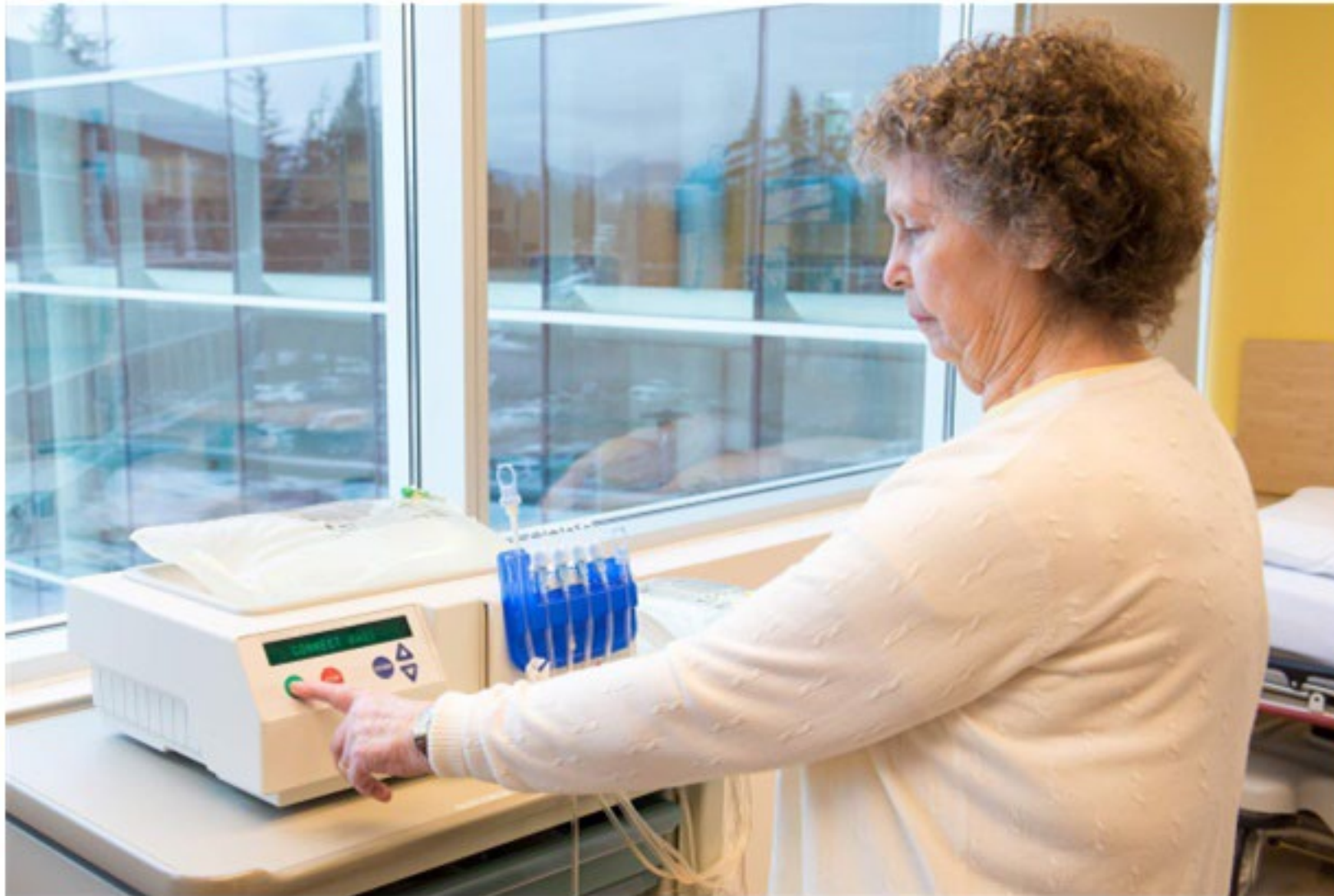


2. Continuous cycler peritoneal dialysis (CCPD) OR automated peritoneal dialysis (APD).

- Automated form of dialysis using a machine.
- Done at night while you sleep.

Your healthcare team will help you decide which method is best for you.

PD machine (cyclor)





Sailing the Pacific!



Just another bucket list trip



Road trip!



Exploring the Jungle

Benefits of PD

Flexibility

- PD can be done almost anywhere.
- Easy to travel.
- Supplies sent to you free of charge.
- Fewer dietary restrictions.



You do it yourself.



You fit PD into your lifestyle.



With CCPD, most of your treatment can be done while you sleep.

Benefits of PD



PD protects your remaining kidney function longer.



PD is gentler, closer to your natural kidney function.



There are no needles used for PD.

Points to consider



No baths/hot tubs.



Requires training
(about 1 week).



Treatment needs to
be done daily.

Points to consider



PD supplies required for one month's use.



Is peritoneal dialysis for you?

If you started PD

- What would be the biggest change in your life?
- What would be the best part?
- What would worry you the most?
- Is there anything more you would like to know?
- Would you consider PD for yourself?

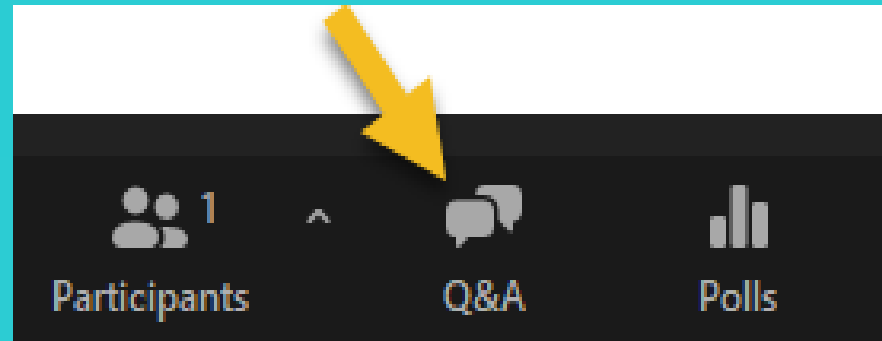




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Got questions about Peritoneal Dialysis?

Enter your question to the Q&A and we'll try to answer live NOW!





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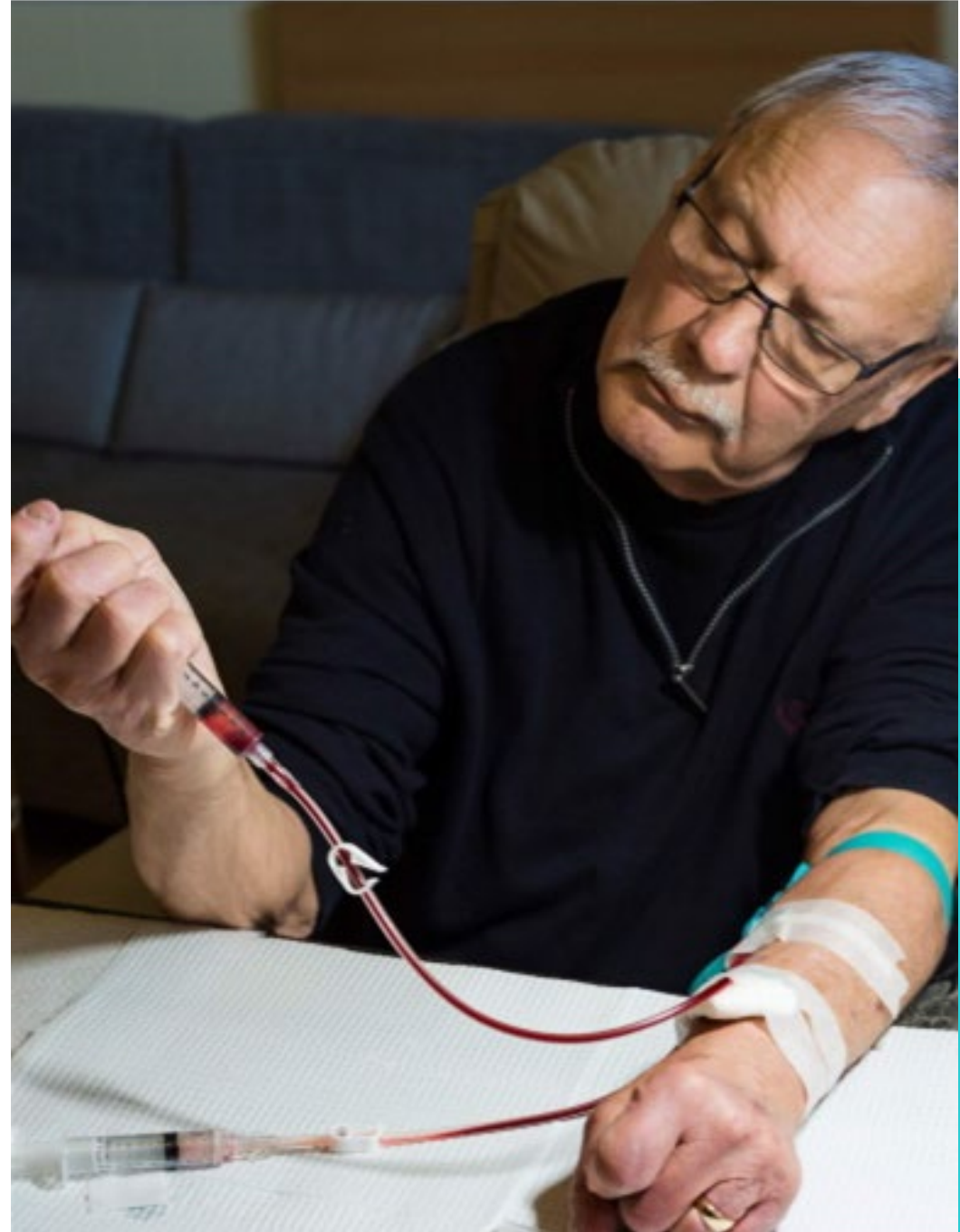
How you want to be treated.



Hemodialysis

Hemodialysis (HD)

Home-based
Clinic-based



What is hemodialysis?



Removes, cleans and returns your blood to your body.

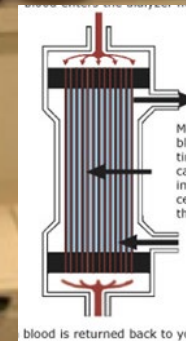
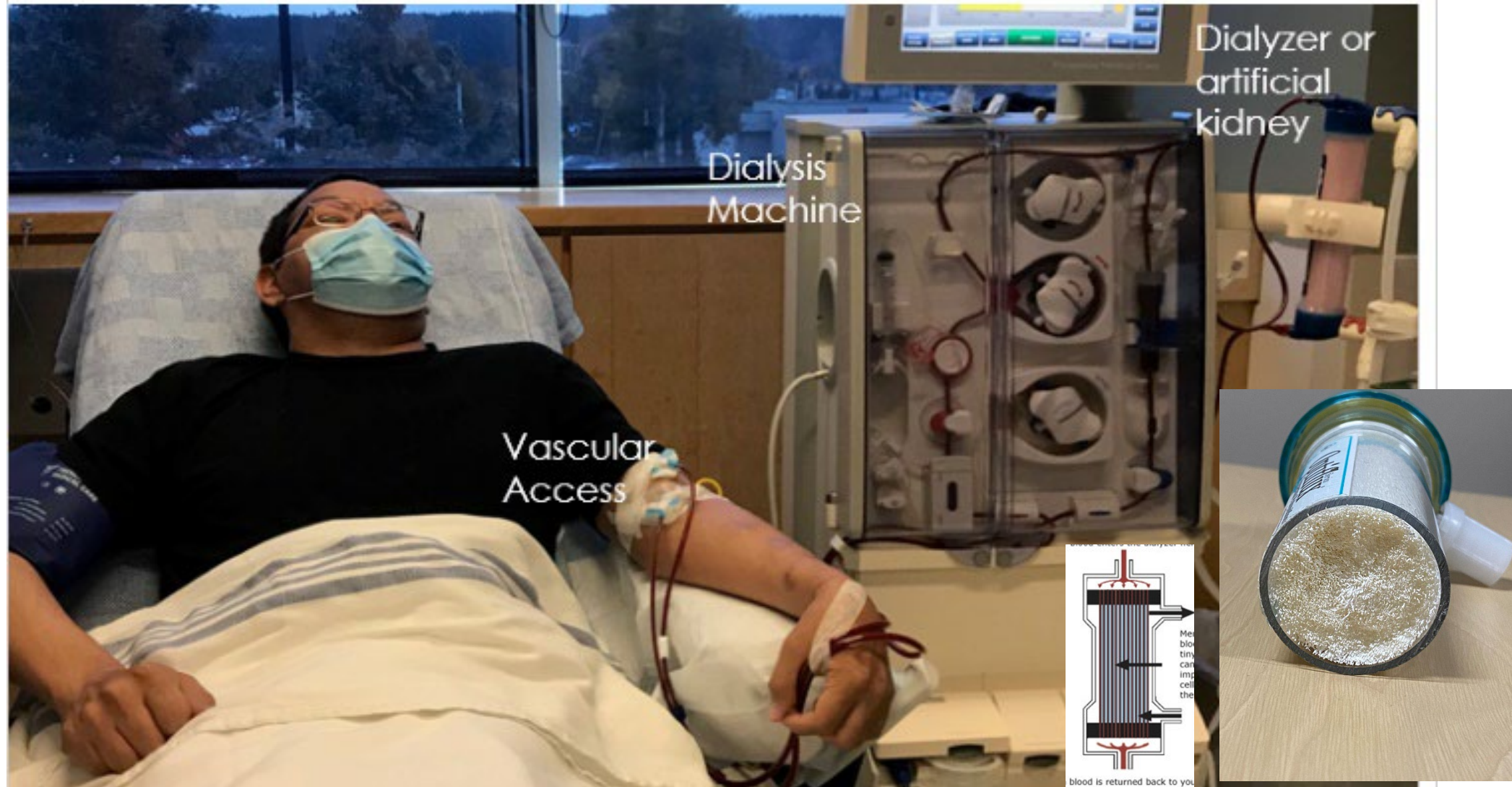


Can be done at home or in a dialysis clinic.



To access your blood, vascular access is required.

Hemodialysis , Vascular Access



Vascular Access



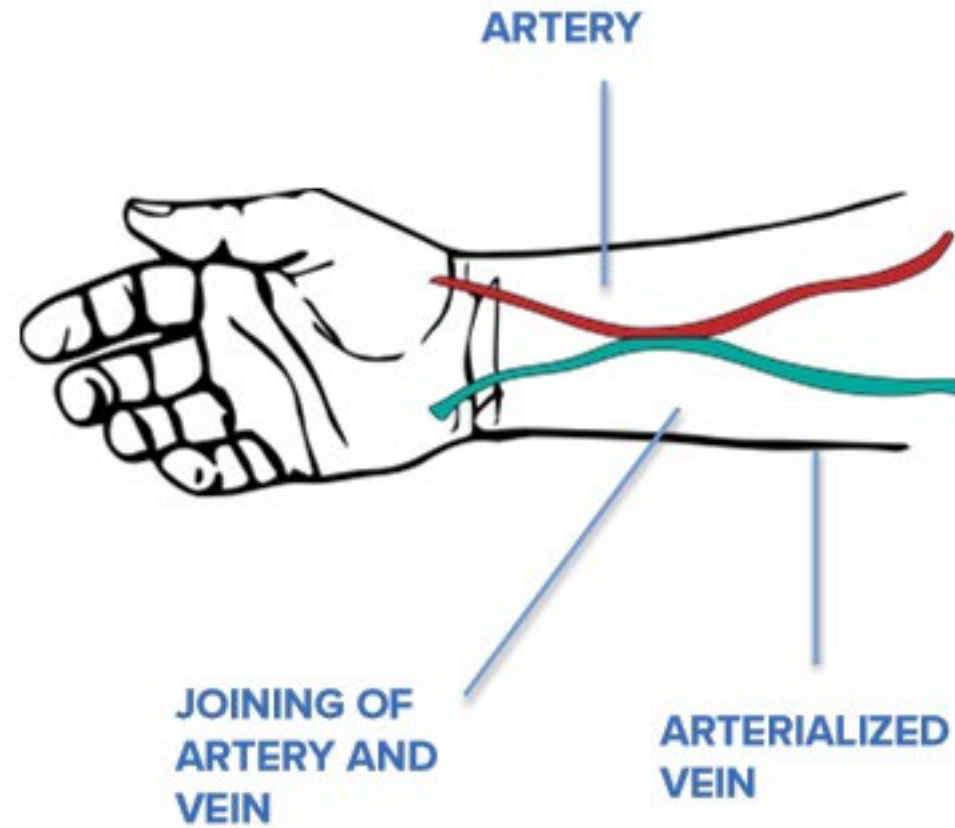
FISTULA



CATHETER

Vascular Access

Fistula



FISTULA



Vascular Access:

Catheter

A catheter is usually used in emergency situations or when blood vessels will not allow for creation of a fistula.



The benefits of fistulas

A fistula is the best choice because:

- It performs the best.
- It lasts the longest.



Choose early.
A fistula takes time to mature.



Fewer complications (infections).



It is safe to shower and swim.



Requires fewer hospitalizations.



FISTULA

Hemodialysis options



Independent (Home-based) hemodialysis:

- Manage own care at home.
- Allows for a flexible schedule.



Dependent (Clinic-based) hemodialysis:

- Dialysis occurs in a hospital or community dialysis unit.
- Assistance is provided.
- Dialysis time is scheduled (overnight available in some centres).

Clinic-based

Benefits

- No equipment or supply storage needed.
- No need to go to the lab.
- Some centres have night-time hemodialysis available.



Each run is 3-4 times a week, usually 4 hours each time.



Requires travel to site (may have costs).



Travel and diet more restricted.

Home Based ----Benefits

- Flexible schedule.
- Gentle on the body
- More energy
- Less medication
- Less restriction on diet



Home Based ----Benefits

- Possible to travel
- Individualized support



Home-based

Benefits

- Flexibility.
- Gentler to body (longer, more frequent sessions).
- More energy and feel better.
- Fewer medications.
- Fewer diet restrictions.
- Easier to travel.
- Individualized support.



Requires training
(6-8 weeks).



Requires storage
space.



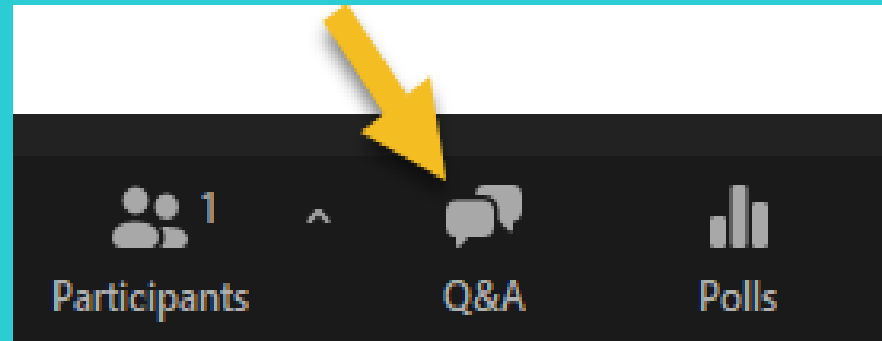
Must order own
supplies (delivered
to your home at no
cost).



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Got questions about Hemodialysis?

Enter your question to the Q&A and we'll try to answer live NOW!





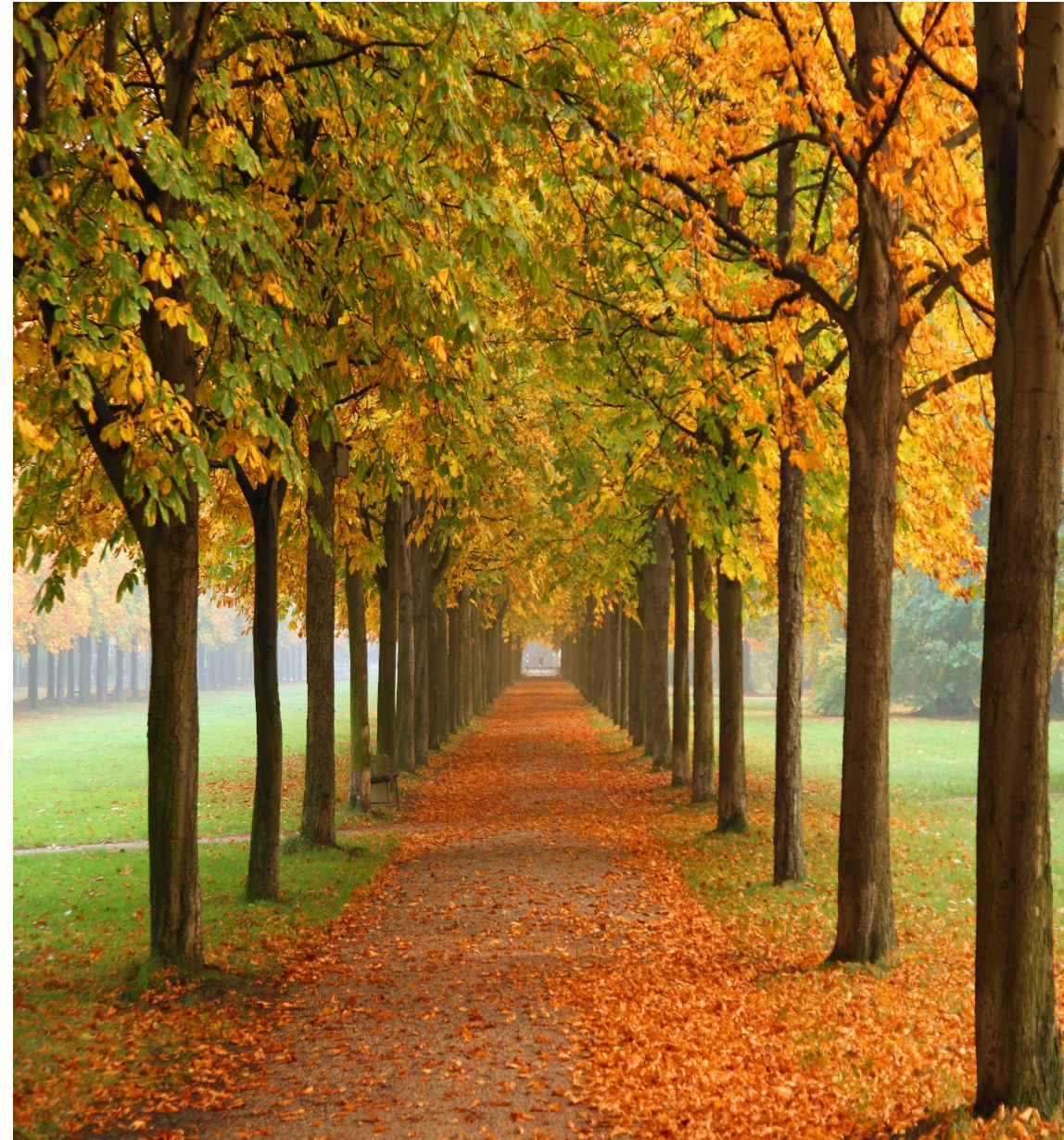
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Conservative
Care

**Conservative
Care**



Conservative Care

Some people decide not to pursue either transplant or dialysis



Why do you think some people might choose conservative care?

Conservative Care



Common symptoms include:

- Restless Legs
- Nausea and vomiting
- Fatigue/Tiredness
- Itchy skin
- Swelling
- Shortness of breath



My Symptom Checklist*

It is important that your care team understand and monitor your symptoms over time. This checklist helps us do this. For more information, please see letter on the other side of this form.

Date: _____ (DD-MMM-YYYY)

Time: _____ (HR 24:MI)

PATIENT INFORMATION/LABEL

Name: _____

Address: _____

Phone: _____

PHN: _____

Please circle the number that best describes how you have been feeling over the PAST WEEK with each symptom.

Scale: 0 = no symptom

10 = the worst possible for the symptom

												
No pain	0	1	2	3	4	5	6	7	8	9	10	Worst possible pain
Not tired (tired= lack of energy)	0	1	2	3	4	5	6	7	8	9	10	Worst possible tiredness
Not nauseated	0	1	2	3	4	5	6	7	8	9	10	Worst possible nausea
Not depressed (depressed= feeling sad)	0	1	2	3	4	5	6	7	8	9	10	Worst possible depression
Not anxious (anxious= feeling nervous)	0	1	2	3	4	5	6	7	8	9	10	Worst possible anxiety
Not drowsy (drowsy= feeling sleepy)	0	1	2	3	4	5	6	7	8	9	10	Worst possible drowsiness
Best appetite (feeling hungry)	0	1	2	3	4	5	6	7	8	9	10	Worst possible appetite
Best feeling of wellbeing (wellbeing= how you feel overall)	0	1	2	3	4	5	6	7	8	9	10	Worst possible feeling of well-being
No shortness of breath	0	1	2	3	4	5	6	7	8	9	10	Worst possible shortness of breath
No itch	0	1	2	3	4	5	6	7	8	9	10	Worst possible itch
No problem sleeping	0	1	2	3	4	5	6	7	8	9	10	Worst possible problem sleeping
No restless legs	0	1	2	3	4	5	6	7	8	9	10	Worst possible restless legs

Any other symptom or concern? Please specify then rate below: _____

No symptom	0	1	2	3	4	5	6	7	8	9	10	Worst possible symptom
------------	---	---	---	---	---	---	---	---	---	---	----	------------------------

This section to be completed by staff.

Scale completed by: (check one)

- ☐ Patient
☐ Care Team Member Assisted
☐ Family Member
☐ Patient refused (note why if known)

☐ See progress notes for follow up on symptoms

☐ Care plan updated

☐ Results entered in PROMIS

Enter date: _____ Entered by: _____



Conservative Care



Quick review

What would work
best for you?



Transplant



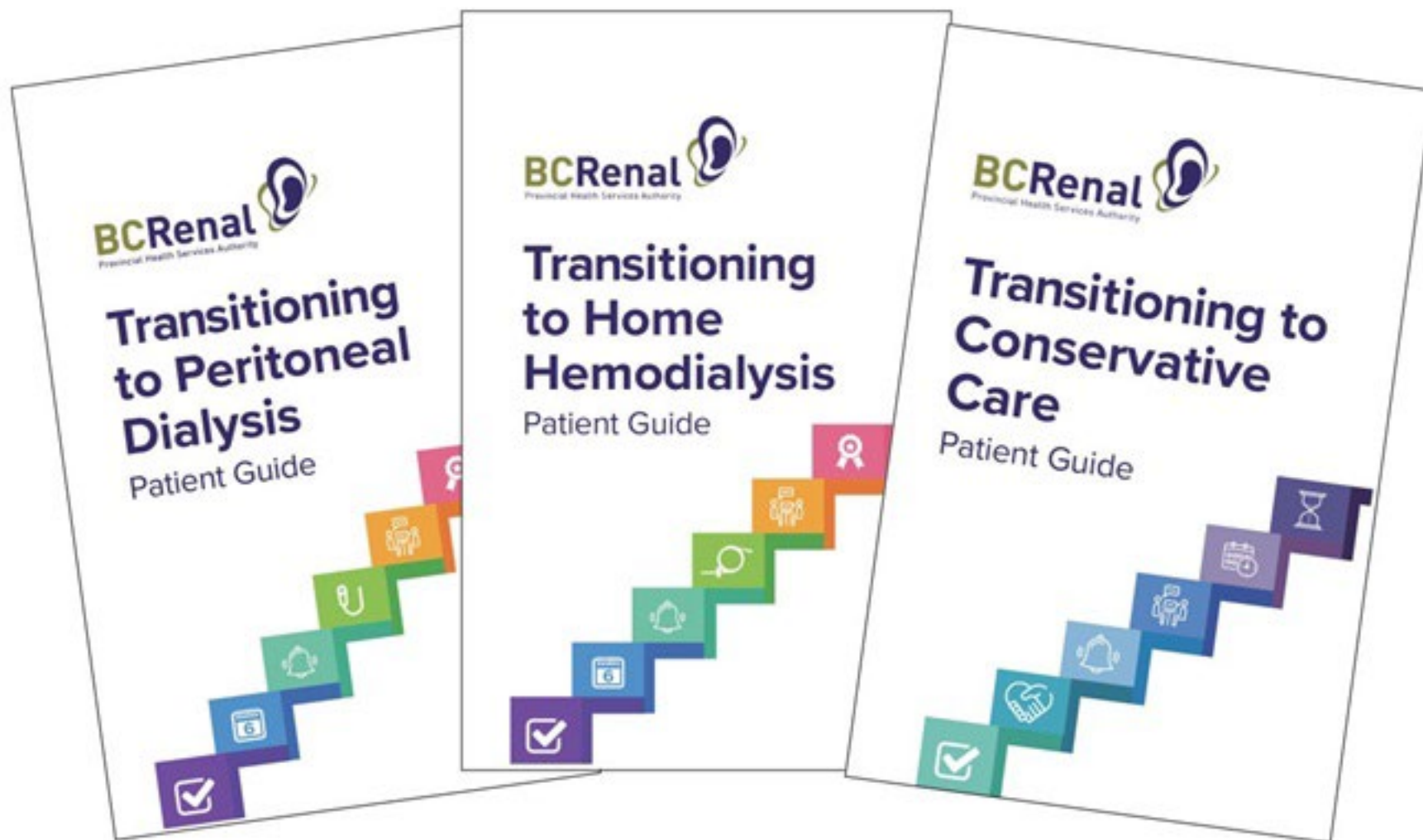
Peritoneal
Dialysis



Hemodialysis



Conservative
Care







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Home Dialysis Therapy Webinar

Friday, December 1, 2023, 1:00 – 3:00pm (PT)

[View Poster](#)

[Register](#)

BC renal agency website, learning / event,
patient education webnair

Contact your Kidney Care nurse if you would like to attend



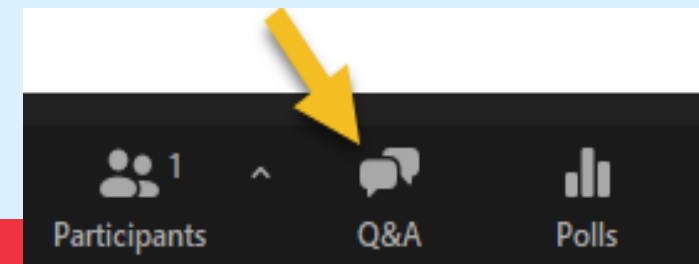


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QUESTIONS?



Enter your question to Q&A
and we'll try to answer





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Thank you for Attending

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