

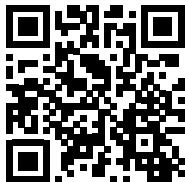
CONVERSATION STARTER: Questions to Ask Your Healthcare Team About Choosing The Right Therapy for You!

A tool to help patients and caregivers have more effective dialogue with their healthcare teams.





AAKP defines high-quality kidney care as timely patient access, without interference, to innovations that help prevent and treat diseases and empower patients to remain healthy, independent, and better able to pursue their aspirations including meaningful full-time or part-time work and a career; home ownership; starting and supporting a family; and a secure retirement.



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There is a lot to learn about your kidney replacement therapy (KRT) options!

Dialysis is a treatment for kidney failure that removes waste and extra fluid from the blood using a filter. There are different methods that can be used for dialysis including peritoneal dialysis (PD), in-center hemodialysis (HD), and home hemodialysis (HHD). All types of dialysis require an access (fistula, graft, or catheter) so dialysis treatments can be done.

Transplantation is a surgical procedure that places a healthy kidney from a living or deceased donor into a person whose kidneys no longer work.

If you have kidney disease, it's important to know and understand all treatment options, so should your kidney disease progress to kidney failure and you require a KRT, you have discussed in advance with your doctor which option is right for you, and if necessary, have completed any necessary medical procedures to prepare.

There are many things to consider when deciding which KRT is right for you, and each decision must be individualized to that patient. Deciding on which KRT is right for you should be done in consultation with the doctor you choose to care for you. Many patients find talking with their family members and loved ones, friends, fellow kidney patients or faith leaders helps them to discover the things in their life that are most important to them which can help guide them in deciding a KRT that supports their life goals and aspirations.

Following are 10 questions to help you start the conversation with your healthcare team about choosing the right KRT for you. These questions aren't inclusive of everything you will need to know or consider when choosing a therapy, but allow this to be a guide to help you have an effective dialogue with your healthcare team.

- 1 What stage of kidney disease am I currently in? How quickly is my kidney disease progressing?
- 2 Am I eligible for a pre-emptive kidney transplant (receiving a transplant without having to go on dialysis)? If yes, can we discuss that option? If not, why and can I do anything to change that?
- 3 Am I eligible to be added to a kidney transplant waitlist(s)? If yes, can we discuss that option? If not, why and can I do anything to change that?
- 4 What treatment(s) will provide me with the most flexibility and independence so I can continue _____ (working, volunteering, traveling, playing with my grandkids, etc.)?

- 5 What are the main complications that occur with each KRT option?
- 6 What treatment(s) will provide me with the best health outcomes?
- 7 If I'm not eligible for a kidney transplant now, what type of dialysis will help keep me the healthiest until I can possibly get a transplant?
- 8 What treatment(s) may allow me to have a less restrictive diet?
- 9 How much support and monitoring will I have from clinic staff if I select a home dialysis therapy?
- 10 What do I do if a family member assisting me with home dialysis or I get tired or overwhelmed with responsibility? Is there respite care available, where a nurse can help at home for a short period of time, or can I come into the center for a couple of treatments when needed?



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