



**KEYS TO
A LONG LIFE**

Staff:
Initial and date
when information
is provided

Patient Interest Checklist #2

Starting Dialysis (0-3 months)

Name _____ Date _____

I would like to know more about...

My medical condition:

- How do my medications help my condition?
- What is *EPO* and how does it help my anemia?
- How can I protect my vascular access so it keeps working?
- How long will it take me to get used to my treatment?
- How does dialysis clean my blood?
- How does the dialysis machine protect my safety?
- What happens to me if I miss some dialysis?
- What will happen to me if the power goes out during dialysis?
- What should I do if the dialysis center is closed for an emergency?
- What supplies should I always keep on hand for emergencies?
- What is *adequate dialysis* and what does it have to do with time?
- Why are dialyzers reused?
- Who should I talk to if I decide I want a kidney transplant?
- What can I do to make dialysis go smoothly?

My relationships with family and friends:

- Can my friends and family visit me during dialysis?
- Who can help me explain dialysis to my family and friends?
- Who can I talk to about changes in my body that upset me?
- Is there another patient I can talk to about what to expect?

My work/school/insurance:

- When will I feel well enough to work?
- Can dialysis be scheduled around my work/school hours?
- What happens to me if I can't do the same job any more?
- How do I decide whether to apply for disability or not?
- Should I tell my employer about my kidney disease?
- Who can I talk to about my insurance or work/school questions?

My eating:

- When will I get my appetite back?
- What can we cook that everyone in my family can eat?
- Where can I find recipes/meal plans of foods that are OK for me?
- How can I cope with the thirst or food cravings?
- How do I know how much sodium or potassium is in a food?
- How can I afford to buy the foods I'm supposed to eat?
- What can I do about constipation?
- Who can help me with questions about what to eat or drink?



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My future:

- How long can people live on dialysis?
- What is likely to happen to my health as I get older?
- When will I start feeling like “myself” again?

My feelings:

- How do I get over feeling like my body has let me down?
- How can I get used to the changes in how my body looks?
- What can I do if I feel less useful than before my kidneys failed?
- Do most people with kidney failure feel the way I do?
- Will I ever feel less _____ than I do now?
- Will I ever feel more _____ than I do now?

My responsibilities:

- What do I have to learn to help me stay as healthy as I can?
- What can I do to be sure I can keep doing my favorite things?

My lifestyle and everyday activities:

- Who can help me find food and a place to live?
- Why is exercise important for me?
- What kinds of exercise can I do safely?
- Where can I find a safe place to exercise?
- When will my life start to seem “normal” again?
- What can I eat if I go to a restaurant or someone’s home?
- Who can teach me how to make travel plans?
- What can I do to sleep better than I do now?

My relationships with staff:

- What does the technician do for me?
- What does the nurse do for me?
- What does the social worker do for me?
- What does the dietitian do for me?
- What does the nephrologist do for me?
- Who is the best person to talk to about _____?

Other:

- Right now, I am *most* concerned about _____