

# The Talk About Chronic Kidney Disease and Dialysis – A Nursing Perspective

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# First Time Approach With Patients With Chronic Kidney Disease (CKD)

1. Obtain feedback of the patient's knowledge about CKD.
2. Dispel the most common myth about CKD: CKD = dialysis or death.
  - Emphasize the importance of early referral and maintenance care, and better acceptance of disease process.
3. Explain the disease process, risk factors, and facts about CKD despite severity of disease.
4. Establish a rapport for ongoing education.
  - Be honest and straight forward.
  - CKD symptoms are usually asymptomatic.

# Community Outreach in CKD Awareness

1. Provide education to make the discussion about CKD less threatening:
  - Senior Center
  - Detention Center
  - Home Health Center
  - Health Fairs
2. Be creative in educating patients and family.
  - Utilize visual aides, games, crossword puzzles, CKD bingo, jeopardy, etc. Educational games open a comfortable atmosphere of learning.
3. Emphasize prevention and maintenance care – diet, exercise, lifestyle. When diabetes is managed so will CKD.

# Heart-to-Heart Discussion About Renal Replacement Therapy (RRT)/Dialysis

1. One-to-one talk: encourage early access placement/referral for transplant, emphasize management of diet, exercise and active lifestyle.
2. Family meeting, guest speaker who is on dialysis, arrange for a tour of local dialysis unit, arrange one-to-one office visit with another person on dialysis.
3. Dialysis is a transition in life—provide encouragement, empowerment, guidance and support, determine family dynamics. Acknowledge birthdays and use a sense of humor. Use poems to deliver a message and be a patient advocate.
4. Be aware of cultural and spiritual beliefs—thoughts have energy.

# Common Fears and Challenging Issues to Address About Dialysis

1. How will I feel when it's time for dialysis?
  - Everyone is different and resilient in his/her own way. The patient becomes the expert at some point.
2. Unspoken fear of death—reiterate self care.
3. Fear of loss of independence—work, lifestyle.
4. Fear of similar experience from loved ones—complications.
5. Challenge of caregiver/head of household becoming dependent on family members.

Questions, Concerns, Comments?

