

Taking the Mystery out of the History—Quality of Life!

- M Make it (quality of life measurement (QoL)) as simple as possible for everyone concerned.
- Y You can do this. Yes, that means YOU, the doctor, nurse, dietitian, technician and social worker. Until now, YOU thought it was just the social worker, didn't YOU. Not so. That's part of the MYSTERY. It takes the WHOLE team to make QOL measurement work effectively.
- S Step by Step:
- First: Get on board. The QOL train is leaving without you. Find out what quality of life measurement means. Put simply: how chronic kidney disease impacts the day-to-day life of the person who has it.
- The KDQOL (Kidney Disease Quality of Life) survey is disease specific (kidney) and measures many dimensions of the patient's life (emotional, physical, vitality, pain, general health, impact of kidney disease on sexual functioning, burden on others, sleep, symptoms of illness, i.e. itchy skin).
- T Take the survey yourself. CMS (Centers for Medicare and Medicaid Services) requires the measurement of physical and mental functioning as part of the Condition for Plan of Care. Clinical Performance Measures were endorsed in 2008 that recommend the use of the KDQOL. This is a 36 item measurement.
- E Evaluate. The KDQOL is explained briefly to the patient and then given to the patient to self-complete whenever possible. Sending it home to be completed is not a good idea. Why? Someone else is likely to complete it for the patient.
- R Review the results of the KDQOL with the patient in a timely manner after they finish it. Make it matter to the patient. That's what dialysis is all about. That's what care planning is all about.
- Y You can help the patient set a goal(s). Then, review the patient's goal as a team. What will **each member of the interdisciplinary team** contribute to achieve the patient's goal or to help the patient come closer to their goal. This is part of **care planning**. Reassess at a specified time.

Now you have the History, but sorry, there really is no Mystery. YOU have it within YOU to make *quality of life measurement* work in your clinic and for your patients.