



DARS/ESRD Network 14 Collaboration

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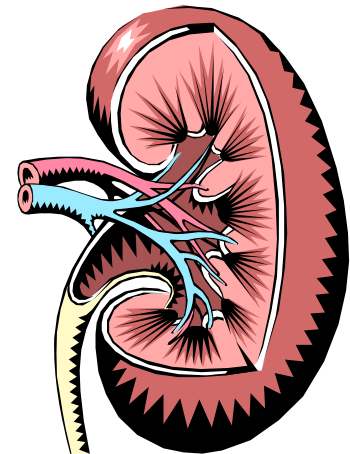
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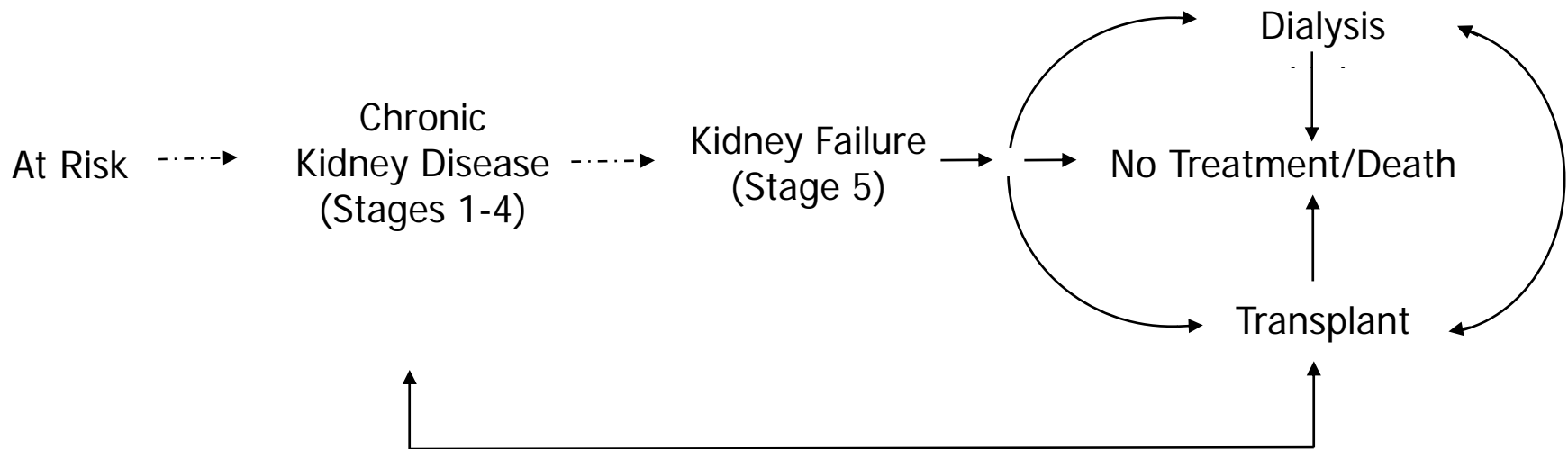
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Kidneys: Master Chemist of the Body

- Adjusts body fluids
- Balance the body's blood chemistry and electrolytes
- Remove waste products from the body
- Release several hormones



Life with Kidney Disease





Definitions

- Old term: End-Stage Renal Disease (ESRD) (Stage 5)
- New term: Chronic Kidney Disease (CKD) (Stages 1-4)
- New thought process: Stages 1-5



ESRD Prevalence in Texas

- 30,884 total patients on dialysis or transplanted in Texas
- 11,038 between age 18-54
- Lots of potential for *Rehabilitation!*

Percentage Participating in Vocational Rehabilitation Activity (Age 18-54)

December 31, 2006

- 18.3% Employed full or part time
- 3.3% attending school
- 2.7% receiving VR or other VR related services

- Room for improvement!



Most Common Causes of CKD

- Diabetes
- Hypertension
- Other causes:
 - Cystic disease
 - Lupus
 - Several others

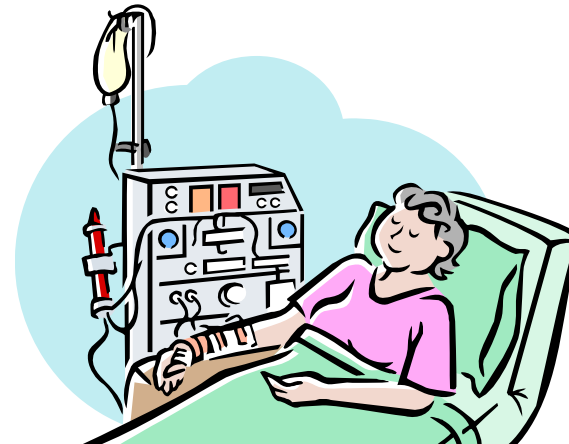


Dialysis

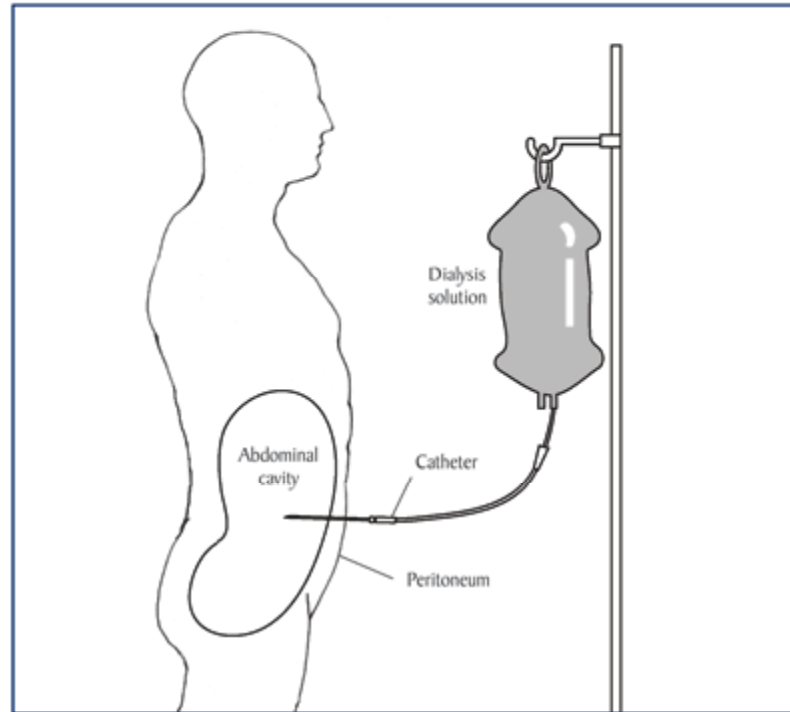
- Dialysis is a way to clean the blood by “artificial means”.
 - does not make the kidneys work better.
 - is a treatment that does the work that damaged kidneys cannot perform.
 - removes from the blood wastes and extra fluid that build up because of kidney failure.

Treatment for Kidney Disease

- Hemodialysis
 - Incenter
 - Home
 - Nocturnal
- Peritoneal Dialysis
- Transplant



Peritoneal Dialysis





Some medical complications and how they can be solved

- Fatigue—meds while on dialysis
- Dialysis Access Complications—day surgery
- Infections—meds on or off dialysis
- DM—neuropathy (meds, exercise)
vision loss (surgery)



Transplant

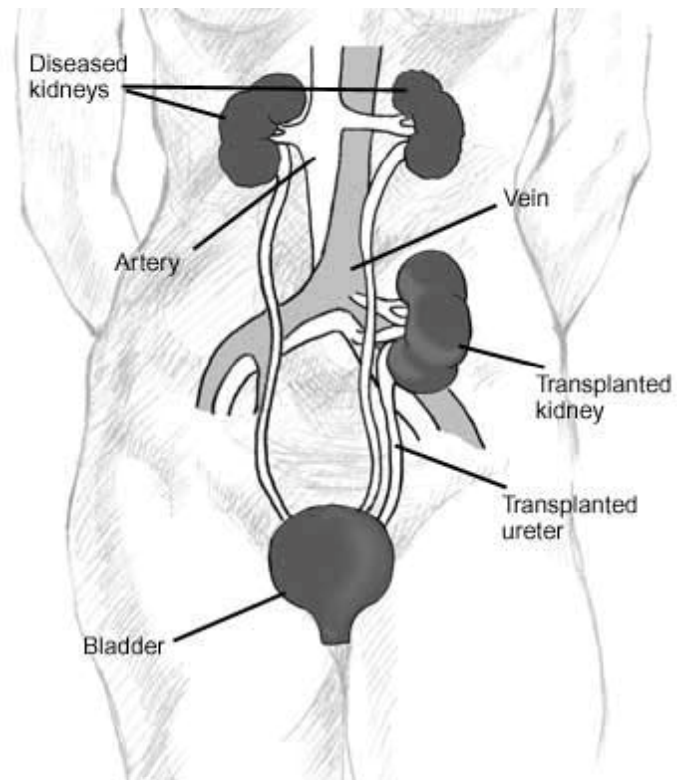
- Treatment not a cure
- 95% success rate 1st year
- Average survival of transplant 10 years
- Very few restrictions after 3 months, however, patients are chronically immunosuppressed so there are “limitations” and they must cover themselves from sun exposure due to risk of cancer
- May have rejection episodes over the years



How Transplant Works

- The transplanted kidney takes over the work of two failed kidneys.
- A surgeon places the new kidney inside the lower abdomen and connects the artery and vein of the new kidney to the artery and vein of the patient with kidney disease. The blood of the patient with kidney disease flows through the new kidney, which makes urine, just like the old kidneys did when they were healthy.
- Unless they are causing infection or high blood pressure, the “old” kidneys are left in place.

Location of transplant is front pelvic area





Pros and Cons of Treatment Types

- Each treatment type has advantages and disadvantages
- Patient must try to match these to current lifestyle
- Over the life of a person with CKD it is likely that they could use all treatment types



ESRD Patient Support System

- Family
- Treatment team
 - Doctor
 - Social worker
 - Nurse
 - Dietitian
- ESRD Network
 - Statewide Director of Patient Services

Life Options Rehabilitation Advisory Council Paradigm

- Framework for supporting CKD patients in the rehabilitation process
 - Encouragement
 - Education
 - Exercise
 - Employment
 - Evaluation





System Barriers

- Perceptions
- Employer's concern about cost of individual with chronic illness
- Flexibility of hemodialysis facilities to meet work schedule
- Part time vs. Full time

Dialysis &/or Transplant Team can work collaboratively with VR to resolve these.



Patient Barriers

- Gap in work history
- Ups and downs of CKD
 - Fluctuations in functioning
- Physical limitations?—not as many as you may think
- Benefits Disincentives

Dialysis &/or Transplant Team can work collaboratively with VR to resolve these.



Psychosocial Assessment of CKD Stage 5 Patient

- VR Targets Reviewed:
 - Between 18-55
- Rehab portion of psychosocial assessment might include:
 - Education
 - Literacy
 - Past/Current employment
 - Goals
 - Quality of life measurement
 - Motivation



Advantages of ESRD Patients

- Have Access to Medicare
 - Treatment is paid for through Medicare if EGHP is not available in most cases
- System supports are in place with ESRD treatment team
- Often eager to work part-time
- When transplanted, motivated for full-time employment, especially due to insurance needs



Ideas for improved outcomes from the dialysis side

- Timing of referrals

Dx→Tx Choice→1st 90 Days→6 months→1 yr after tx

Building Quality of Life: A Practical Guide to Renal
Rehabilitation, www.lifeoptions.org, 1997



Who can provide detailed info on client's functional abilities for DARS?

- nephrologist
- social worker
- dialysis team or
- transplant team



Common Questions

- Can someone with CKD work an 8 hour day? *Yes*
- Can someone with CKD work a 40hour week? *Yes*
- Can someone with CKD work overtime? *Yes*
- Can someone with CKD travel? *Yes*



Impact of Rehabilitation on People with CKD

- Improved self-esteem
- Improved mental health
- Improved quality of life
- Improved treatment outcomes
- Improved adherence because they can afford medications and have access to EGHP



More Information

- End-Stage Renal Disease Network #14
 - www.esrdnetwork.org
- Life Options
 - www.lifeoptions.org
- Kidney School
 - www.kidneyschool.org
- Home Dialysis Central
 - www.homedialysis.org
- National Institute of Diabetes and Digestive and Kidney Diseases
 - www.niddk.org

We look forward to collaborating

- Winning outcomes for all involved as we gather your input and join forces in successful rehabilitation efforts

