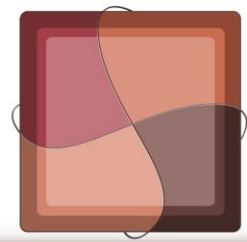


APRIL



Get to Know Your Care Team

They are here for YOU!

How can I increase my engagement this month?

- **Speak up when you have questions or concerns. You have the right to know about your body and your health.**
 - Write down your questions before the meeting so you will not forget. Don't be afraid to ask! No question is foolish.
 - If you don't know what your Care Team is telling you, keep asking respectfully until you do.
- **Ask the right person on your Care Team**
 - Doctor/Nurse/Tech: ask about your health, treatment options, and medicines.
 - Dietitian: ask what you can eat and drink (and what to avoid).
 - Social Worker: ask about how to cope with kidney disease and pay for it.
 - Tech: ask how the machine works and what the alarms mean.
- **Understand the best times to ask your Care Team questions.**
 - The staff is the most busy when treatments are starting or ending.
 - If your question is urgent, go ahead and ask when you are being put on the dialysis machine.
 - If your question is important, but can wait until the staff has finished starting or ending treatments, they may have more time to spend with you.
 - In most cases, the best time to ask questions is after all of the patients' treatments have started.
- **Take part in your Plan of Care meetings.**
 - Attend at least one meeting every year. If you want to, bring a family member or trusted friend.
 - You have the right to request a Plan of Care meeting if you have questions about your treatment.
 - You can ask for a meeting in private while you are NOT receiving dialysis.

Why should I increase my engagement by getting to know my Care Team?

- You are a key member of the Care Team. You can help them understand what is important to you and how they can help you reach your goals.
- **You are not helpless.** If you understand your treatment plan, you can make better decisions about your care. You are the captain of your healthcare team. Your concerns matter.
- Attending Plan of Care meetings is empowering. Participating can give you a sense of control over your life.

Dialysis History

When was dialysis machine invented? Dr. Willem Kolff is considered the father of dialysis constructed the first dialyzer (artificial kidney) in **1943**.

Who discovered kidney disease? The first documented case of PKD dates back to the King of Poland, who lived from 1533 to 1588. **Dr Richard Bright**, an English physician, first described polycystic kidneys in the early 1800's.

This information was created BY ESRD patients FOR ESRD patients! To file a grievance or for questions, contact the ESRD Network of Texas at 1-877-886-4435 (phone), 972-503-3219 (fax), info@nw14.esrd.net (email), 4099 McEwen Rd, Suite 820, Dallas, TX 75244, or www.esrdnetwork.org

