MY PLAN: *Patient Plan of Care (POC) Meeting*

Get ready for your POC meeting with this checklist created by patients, for patients.

BEFORE THE MEETING:

- ☐ Ask your care team when your POC meeting will be scheduled and if it could be in a private location. If you don't want to return to the facility for a meeting on your day off, ask for a date and time that works for your schedule or the possibility of a phone conference.
- ☐ Ask for a copy of the POC that the other members of the team have completed prior to the meeting.
- ☐ Check the medications listed on the POC to be sure they are correct.
- ☐ Do you have questions about what are your options, if any, to being on dialysis? Which type of dialysis is right for you?
- ☐ Can I be evaluated as a candidate for transplant? If so, can I call myself or do I need the dialysis clinic/physician to send in a referral for me?
- ☐ Is there a support group I can join?

YOUR QUESTIONS or CONCERNS

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1-877-886-4435 (phone), 972-503-3219 (fax), info@nw14.esrd.net (email), www.esrdnetwork.org
Presentar una queja por favor contacte a la Red 14 a 1-877-886-4435 and www.esrdnetwork.org

END STAGE RENAL DISEASE NETWORK OF TEXAS

DURING THE MEETING:

- [ ] Ask the physician /nurse to go over all your medications including dosage time, changes and side effects.
- [ ] Ask the physician /nurse about the results of your monthly Access Flow Rate.
- [ ] How are lab results looked at the time they are being reported by the dietitian?
- [ ] Please explain to me what effects will happen to my body when my electrolytes are not at proper levels?
- [ ] Why is it important to watch my fluid intake in-between treatments? Does it affect my heart, etc.
- [ ] What are goods ways that I can keep my fluid levels down in between treatments?
- [ ] Review your dialysis treatment prescription lab results (Kt/V, URR), to make sure you are receiving the right amount of treatment for YOU.
- [ ] What are the best ways to keeping me active? Safe exercises that won't cause damage to my fistula, graft, or catheter?
- [ ] What ways can I be an influence to other patients? Who do I speak with when I am feeling depressed about having to do dialysis?
- [ ] Ask if other members of the team have concerns related to your POC. Write your comments on the POC.
- [ ] Request that any changes in your POC made during the meeting are included prior to your signing the POC, and keep a signed copy for your records. You may want to compare this POC to next year's version.

YOUR QUESTIONS or CONCERNS

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