Learning More About Peritoneal and Home Dialysis

February 11, 2021
Who is the ESRD Network of Texas

Network 14 is a non-profit organization incorporated in Texas and provides services on behalf of the Centers for Medicare & Medicaid Services (CMS) to kidney patients and their providers since 1977.

Our Mission

To support equitable patient- and family-centered quality dialysis and kidney transplant health care through the provision of patient services, education, quality improvement, and information management.
Home Dialysis Hero

➢ Performs dialysis treatments at home
➢ Familiar with the ups & downs of kidney disease
➢ Shares their home dialysis journey to provide guidance & emotional support
➢ Peer mentor
Meet Dr. Gooden

Dr. Christie Gooden is an Abdominal Transplant Surgeon at Medical City Dallas. In addition to transplants, Dr. Gooden performs laparoscopic and robotic donor nephrectomies, dialysis access surgery and general surgery. Prior to Medical City Dallas, Dr. Gooden was at St. Luke’s Hospital in Kansas City where she was the Surgical Director of the Kidney Transplant Program and the Founder and Director of the St. Luke’s Hospital Dialysis Access Center. She was appointed the Director of Quality for all of the transplant programs at St. Luke’s and served as the Chair of the Quality and Patient Safety Committee for St. Luke’s Hospital’s physician group practice. As Director of the Access Center, Dr. Gooden was able to grow the program to a regional referral center, with patients referred from over 3 hours away. Seeing the need for additional education, she created and put on cannulation camps for regional dialysis staff.
Meet Sam & Lacye Trevino

Sam is a former dialysis patient of 17 years, transplant recipient, and a patient advocate/motivational speaker. Lacye is a care partner, kidney donor, patient advocate/motivational speaker, and Sam's true Superhero. Sam and Lacye's upbeat attitude and humor enabled them to develop "Urine Inspiration", a presentation aimed at educating everyone about living a full life in the face of medical challenges.
A Question For You

What is holding you back from starting Peritoneal or Home Dialysis?

Let Us Know in the Chat!
Discussion Topics

➢ Surgical Aspect of Home and Peritoneal Dialysis Access
➢ Self Care
➢ A Care Partner’s Perspective
Home Dialysis and the Surgical Aspects

➢ What Does PD Look Like
➢ Myths about PD
➢ Pros and Cons of PD
➢ Things to consider about the surgery when planning for home hemodialysis
➢ Pros and Cons of Home HD
➢ Home Dialysis Patients and Transplants
Surgical Myths

➢ MYTH 1: I’VE HAD ABDOMINAL SURGERY (C-SECTION, TRANSPLANT, BIG INCISION) BEFORE SO I CAN’T DO PD

➢ MYTH 2: I HAVE A HERNIA SO I CAN’T DO PD

➢ MYTH 3: PD DOESN’T WORK WELL FOR OBESE OR VERY MUSCULAR PATIENTS

➢ The concern is scar tissue
  ➢ Can’t predict how much scar tissue
  ➢ Scar tissue can be moved
  ➢ What about an ostomy? Still possible

➢ Small hernias can do PD.
  ➢ Can be repaired at the time of the surgery.
  ➢ Larger hernias fix before starting PD
  ➢ Hernias can happen after PD.
  ➢ Can be repaired and PD restarted

➢ Heavier patients do well on PD
  ➢ Placed to decrease infections

BOTTOMLINE: NOTHING BEATS A “CAN’T” BUT A TRY
PD Catheter: The Good and The Bad

**Pros**
- Less Infections
- No long-term Venous Issues
- If successful, better quality of life
- More “gentle” dialysis

**Cons**
- Doesn’t work for everyone
- Don’t know if it will work till you put it in
- Sclerosing peritonitis
- Can stop working over time
Home Dialysis: Placement Matters

Easiest Types of Access to Self-Cannulate
Best Techniques

2 Needles

Rope Ladder

Button Hole
Home HD: The Good and The Bad

➢ Pros
  ➢ Better quality of life
  ➢ More “gentle” dialysis
  ➢ Potential for less infections
  ➢ You’re in charge

➢ Cons
  ➢ Comfort with needles
  ➢ Training time
  ➢ Home preparation
  ➢ You’re in charge
Transplant and Home Dialysis Patients

Home patients tend to be GREAT Candidates

Manage dialysis at home

Likely compliant
Potentially less social concerns
Self Care

➢ How You Can Start
➢ Getting Empowered
➢ Stepping towards Home
A Care Partner’s Perspective

- A Good Care partner
- Care Partner’s Duties
- Burdens of Incenter Care
- Supporting Your Care Partner
- Care Partner Support Groups
Visit the Patient Portal

- The Patient Portal has all the newest resources and videos highlighting important healthcare topics.
- The Patient Portal is not only for patients, but for caregivers and family members too!
- Visit: www.esrdnetwork.org/patient-portal
Become a Home Hero

Let us know if you or someone you know is interested in becoming a Home Dialysis Hero!
Contact Us

For Grievances, contact the Network at
ESRD Network of Texas, Inc.
4099 McEwen Rd. Ste 820
Dallas, TX 75244
972-503-3215 Office
972-503-3219 Fax
877-886-4435 Toll Free
nw14info@allianthealth.org
www.esrdnetwork.org

Maryam Alabood
469-916-3803
Maryam.Alabood@allianthealth.org