Home Dialysis – A Stepping Stone to Transplant

April 22, 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.
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.
Precious McCowan

Precious is a two-time kidney transplant recipient. In 2010, she received her 1st kidney and pancreas transplant. The kidney failed after 7 months, and she then received in-center hemodialysis for 8 years during which she started her patient advocacy journey. In April 2019, she received her 2nd transplant. She strives diligently to advocate for improved patient & family engagement, health literacy, healthcare quality, and disparities to kidney therapy modalities.
Home Dialysis: Did You Know?

- Less stress on the heart
  - 20% fewer low blood pressure episodes
- Improved Post-Dialysis Recovery Time
  - 87% improvement in recovery time
- Improved Survival Rate
  - 58% 5-year survival for HHD
  - 80% 2-year survival for PD
- More likely to be on the waitlist & receive a kidney transplant
Transplant: Did You Know?

2020 OPTN Data:
- About 30% of kidney transplants were from living donors
- About 70% of kidney transplants were from deceased donors

Improved quality of life & life expectancy
- 30-year-old on dialysis: might live another 15 years
- 30-year-old with transplant: might live another 30-40 years!

Achieve better overall health
Steps to Going Home

- In-center empowerment
  - Involves care partner
- Self-care empowerment
  - Better patient outcomes
  - Self awareness
- Home candidacy
  - Better patient outcomes
  - Perfect transplant candidate
Transplant Process

- Preparing
- Waiting
- Treatment Adherence
Living Donor

- Fears & Insecurities
- Why not
- Triumphs
- Paired Exchange Donor
Types of Living Donation

Directed Donation:
- Living donor choose who receives their kidney
- Usually family members or friends

Non-Directed Donation:
- Living donor doesn't choose who receives their kidney
- Kidney is given to anyone who is a match

Kidney-Paired Donation:
- Two or more pairs of living donors swapping to make a compatible match
Not A Match? Swap!

If a willing donor is not a match for their intended recipient, they can participate in a donor swap. Someone willing to donate a kidney to anyone in need can start a massive, life-saving chain of events through the Paired Exchange Program.
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
Contact Us

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Thank You!

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