

# Take An Active Role in Your Treatment - Get Informed!

## Know Your Kidney Care Team

### Kidney Care Team Responsibilities

Your doctor, renal dietitian, nurses, and technicians are all part of your kidney care team with you. Each team member has a unique set of responsibilities that can help care for your total health.

In the chart below, match the team member with the appropriate description.

Team Member	Description
1. Dialysis Technician	A. Helps find community resources (support, financial, etc) to help you manage your chronic kidney disease
2. General Practitioner	B. The most valuable member of your kidney care team; responsible for following the treatment plan
3. Nephrologist	C. Monitors your dialysis treatment and handles any other dialysis issues you may have
4. Pharmacist	D. Checks your health and how you respond to medications
5. Renal dietitian	E. Fills prescriptions and gives tips for taking medications
6. Renal nurse	F. Doctor specializes in kidney disease
7. Social worker	G. Helps you choose kidney-friendly foods
8. You	H. Performs your yearly physical and monitors your overall health

Answers: 1.C 2.H 3.F 4.E 5.G 6.D 7.A 8.B

### Tips for Communicating with Your Kidney Care Team

It's easy to get confused when you're trying to talk with your kidney care team. Sometimes they use complicated, unfamiliar terms. But being able to communicate well with your kidney care team can help you have some control over your health care.

One way to help you communicate well is to take **P.A.R.T.**:

**Prepare.** Make a list of important questions or concerns, and bring these up at the beginning of your visit.



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### P.A.R.T.:

**Ask.** Ask questions regarding tests, treatments, and any follow-up steps that are necessary. Make sure you understand the doctor's answers. If you don't, ask until you do.

**Repeat.** Once you have gotten the information from your doctor, repeat some of the key points. This will help you make sure you heard correctly and give the doctor the chance to correct any misunderstandings.

**Take Action.** When your appointment is over, know what your next steps are. Make sure you understand what you need to do and ask for help if you don't. You should keep in mind that there are lots of members of your kidney care team, and collectively they're able to help answer any questions you may have.

## Be a Part of Your Kidney Care Team

### Communicating Well with Your Kidney Care Team

You go to dialysis and stay for the entire session. You take your medication as directed by your doctor. You follow your kidney care team's instructions.

#### Is there anything else you can do to manage your condition?

**There is.** Learn to talk and work with your kidney care team so you understand their expectations and they understand yours.

Communicating with your kidney care team is more than just listening to them. It's asking questions, letting them know your thoughts, and taking action. Be specific when talking with your kidney care team and:

- Write down your most important questions or concerns, and ask them at the beginning of your visit.
- Focus your questions on your tests, treatments, and any follow-up steps. Make sure you understand the health care provider's answers.

By asking for specifics, you can convey the information you want to get across and get the answers you are looking for.

Doing your part can help you get the most from your relationship with your kidney care team. *Teamwork is the name of the game!*

To file a grievance contact Network 14 at:  
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Website: [www.esrdnetwork.org](http://www.esrdnetwork.org)

