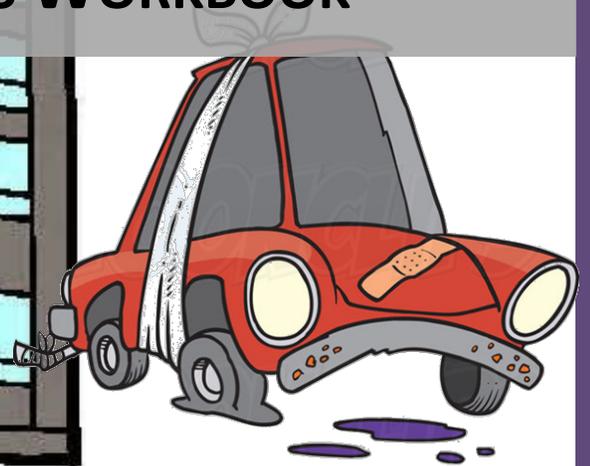




END STAGE RENAL DISEASE NETWORK OF TEXAS



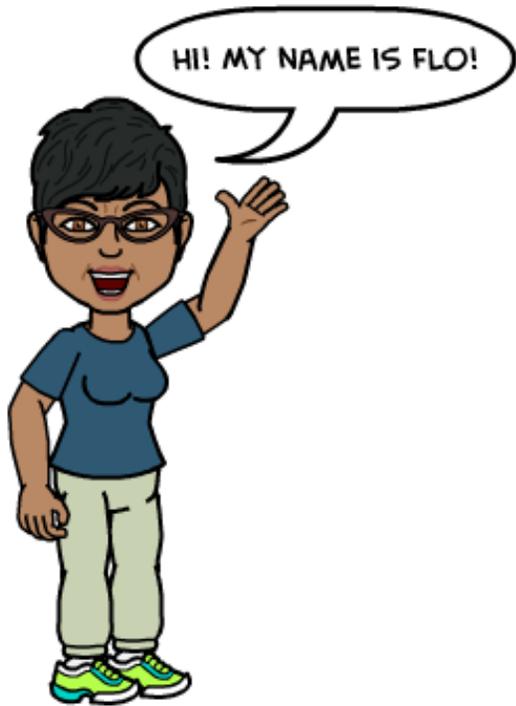
MISSED TREATMENTS WORKBOOK



Developed by the ESRD Network 14 Patient Engagement Learning and Action Network (PE LAN), in partnership with:

- ESRD patients and families
- Baylor Scott & White
- DaVita
- Diversified Specialty Institutes
- Fresenius Medical Care
- Liberty North Texas
- Renal Ventures
- Sankar Nephrology Group
- Satellite Healthcare
- U.S. Renal Care

Meet Flo



Remember me? I am a dialysis patient. My Care Team told me that I need to go to all of my dialysis treatments. They said that if I miss treatments, I might have to go to the hospital. I could even die if I miss treatments! I still want to live a long time, and going to all of my scheduled treatments is one way I can stay healthier. This will help me feel my best!

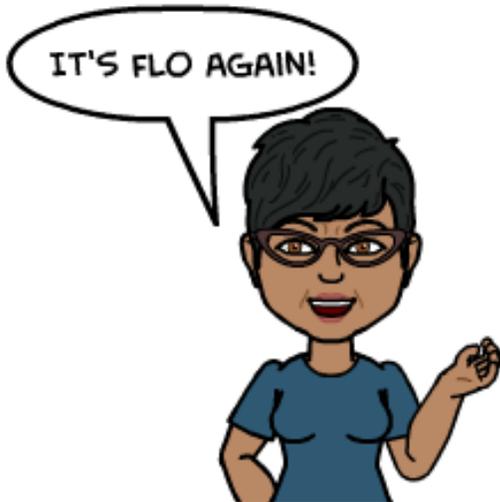
Let's learn more about missing treatments. Each of the modules in this workbook has activities that will help me and other dialysis patients learn more about what happens to our bodies when we miss treatments. We can feel better and live longer if we go to all of our treatments. Let's work together on this workbook to stay healthier!

Module 1: Setting SMART goals

Module 2: What happens if I miss treatments?

Module 3: How can I avoid missing treatments?

Module 1: Setting SMART goals



Thanks for helping me with these activities. My Care Team told me that any good plan starts with a good goal. The activities in this section are all about what happens when we miss treatments. Let's start by setting SMART goals to live longer!

Complete at least two activities. When you are done, ask your staff or Facility Patient Representative (FPR) to sign off. Every month, your dialysis center will do something to celebrate the patients that learn about missed treatments from this workbook. Don't know who your FPR is? Ask your dialysis center staff!

Activities in Module 1: Complete two or more activities

- Learning Activity: What is a SMART goal?
- Main Activity: Set a SMART goal worksheet
- Coloring Activity: What my heart looks like when I miss treatments
- Problem Solving Activity: Achieving a SMART goal

_____ (patient name) completed two or more activities in
this module on _____ (date).

_____ (Staff or FPR signature)

Remember, SMART is an acronym, which means that each letter in the word stands for another word. The words in SMART can help us make a goal that we can meet!

Specific: the goal will focus on one idea.

Measurable: we can track the goal to see our progress.

Achievable: we can make this goal happen.

Realistic: the goal will take effort, but we can reach it.

Timely: we can set dates that will help us meet our goal.

Activity 1. Circle the sentences that are SMART goals. One is done for you. For goals that are not SMART, how could you improve them?

I will not shorten my treatments.

I will attend all of my scheduled treatments in August.
(in-center hemodialysis patient)

I will never miss a treatment again.

I will complete all of my exchanges each day this month.
(home dialysis patient)

I will reschedule any treatments that I miss.

I will let my Care Team know if I have to miss a treatment.

Taking part in your health care will make you feel better. Let's try writing a SMART goal to help you manage your health care!

Some rules to follow:

1. Be specific! Pick one behavior you want to change. For example, your goal can be going to all your treatments for one month.
2. Remember to make your goal a SMART one. The activity below will help you.
3. Think positively! Use positive language like "I can" or "I will" in your goal.

Activity 2. Now, let's try it out!

What would you like to work on? (Ex: I want to go to all my treatments in August.)

1. Is it **Specific**? (Can you answer the questions who, what, when, where, and why?)

2. Is it **Measurable**? (What will you count to see if you are making progress?)

3. Is it **Achievable**? (Can this really happen?)

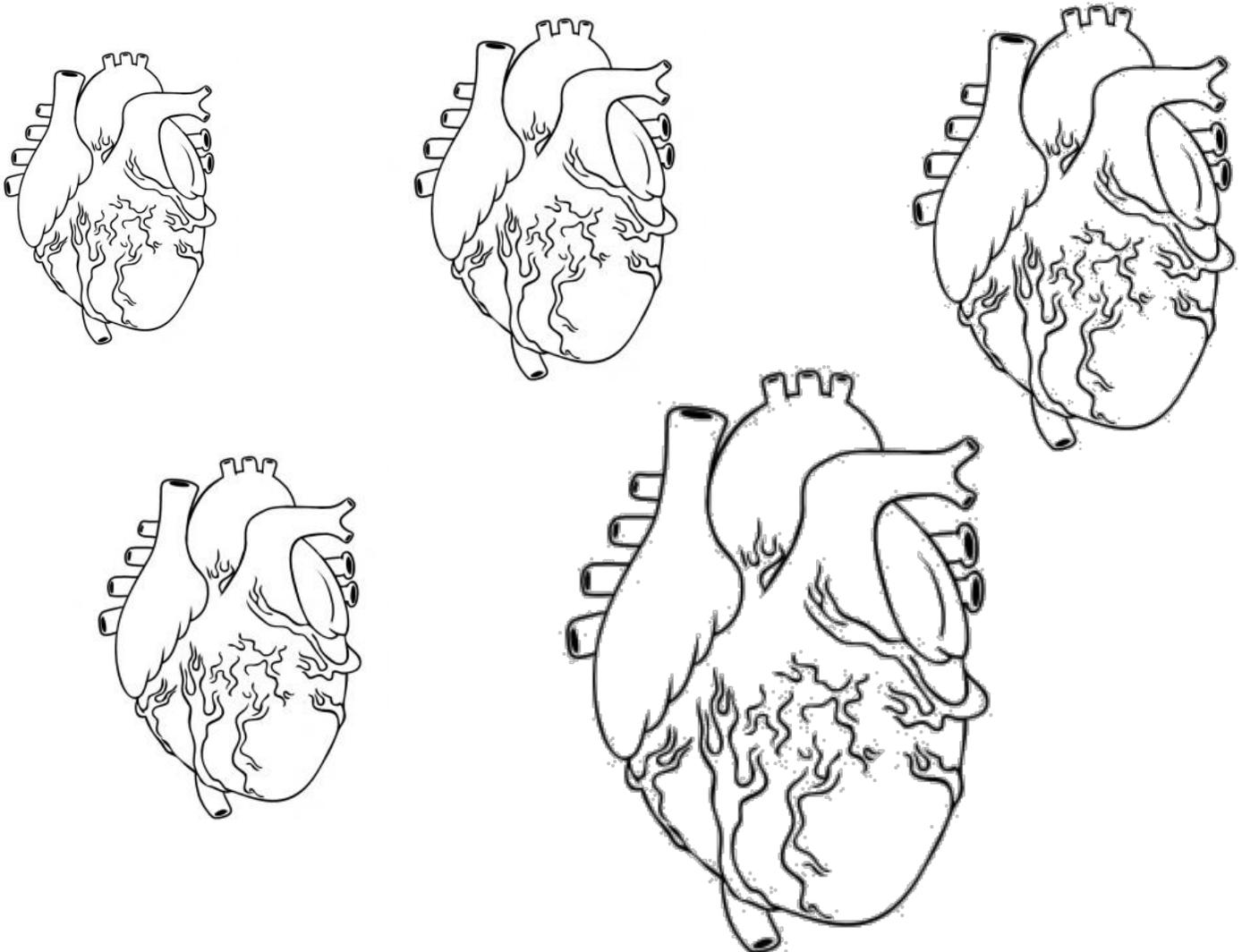
4. Is it **Realistic**? (If you try, can you get to your goal?)

5. Is it **Timely**? (When do you want to get to your goal?)

My **SMART** goal:

You might remember that dialysis removes extra fluid from your body. When you miss a treatment, this fluid stays in your body. Your next treatment may not be able to remove it all. The extra fluid stretches your heart. If this happens too many times, your heart might be too stretched out. It might never go back to a healthy size. This is very dangerous. My Care Team said I could even die if this happens!

Activity 3. Here are five different sized hearts. The smallest heart has the LEAST amount of fluid. This patient goes to all of her treatments and never leaves early. Color the smallest heart **GREEN**. The largest heart has the MOST fluid. This patient has missed a lot of treatments. Color the largest heart **RED**. The other hearts have different amounts of fluid. These patients go to some of their treatments and sometimes they leave early. Color these hearts **ORANGE**.



Flo is an in-center hemodialysis patient. Flo wants to remove extra fluid so she can stay healthier and live longer. She is setting a SMART goal to attend ALL of her scheduled treatments in August. What should Flo do if she has another appointment scheduled during her treatment?

Activity 4. Flo has a doctor's appointment on a treatment day in August. Circle all of the ideas that will help Flo go to her full dialysis treatment AND her doctor's appointment.

Miss the appointment and the treatment

Reschedule the doctor's appointment for a non-treatment day

Shorten the dialysis treatment

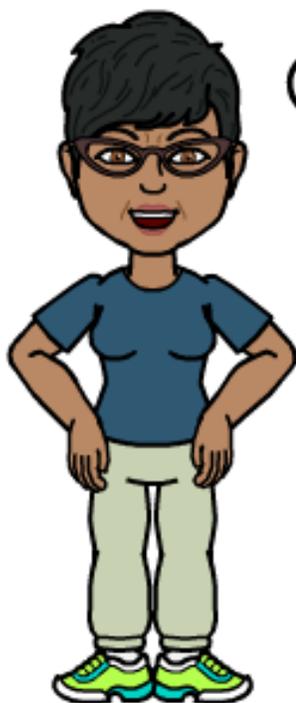
Miss the dialysis treatment

Reschedule the dialysis treatment

Miss the doctor's appointment



Module 2: What happens if I miss treatments?



FLO HERE!

You did a great job on the Module 1 activities! Now I need to know what else happens to my body if I miss my dialysis treatments. My Care Team said that missing treatments could shorten my life! Let's complete the activities in this section to learn what happens if we miss treatments.

Complete at least two activities. When you are done, ask your staff or Facility Patient Representative (FPR) to sign off so you can join the monthly celebration! Don't know who your FPR is? Ask your dialysis center staff!

Activities in Module 2: Complete two or more activities

- Learning Activity: The risks of missing treatments
- Main Activity: Missed treatments word search
- Coloring Activity: Fluid management
- Picture Activity: Which Flo has attended all of her treatments?

_____ (patient name) completed two or more activities in this module on _____ (date).

_____ (Staff or FPR signature)

Missing your dialysis treatment increases your risk of hospitalization and death. If you miss one treatment a week for a year, this is a total of 52 missed treatments. That is like missing four months of treatments every year! Signing off early is also dangerous. The time you miss can add up to about 10 missed treatments per year. All of that extra fluid is hurting your body!

Activity 1. Below is a word bank. Use the words and phrases to fill in the blanks to learn the risks of missing treatments.

1. Missing treatments increases the amount of _____ in your body.
2. Missing one treatment a month increases your risk of death by _____ or 1 in 4 in the next two years.
3. Missing treatments leads to _____
_____.
4. If you miss three or more treatments, you will have to treat at the _____
_____ before you can come back to the dialysis center.
5. Missing two treatments a month increases your risk of death by _____.
6. Missing treatments may increase your risk of not receiving a kidney
_____.

Word Bank

fluid 25% ER (emergency room) 51% transplant
swelling, shortness of breath, high blood pressure, and weight gain

Activity 2. Missing treatments can hurt your health. Complete the word search and learn the symptoms you can avoid by going to all of your treatments.



Words

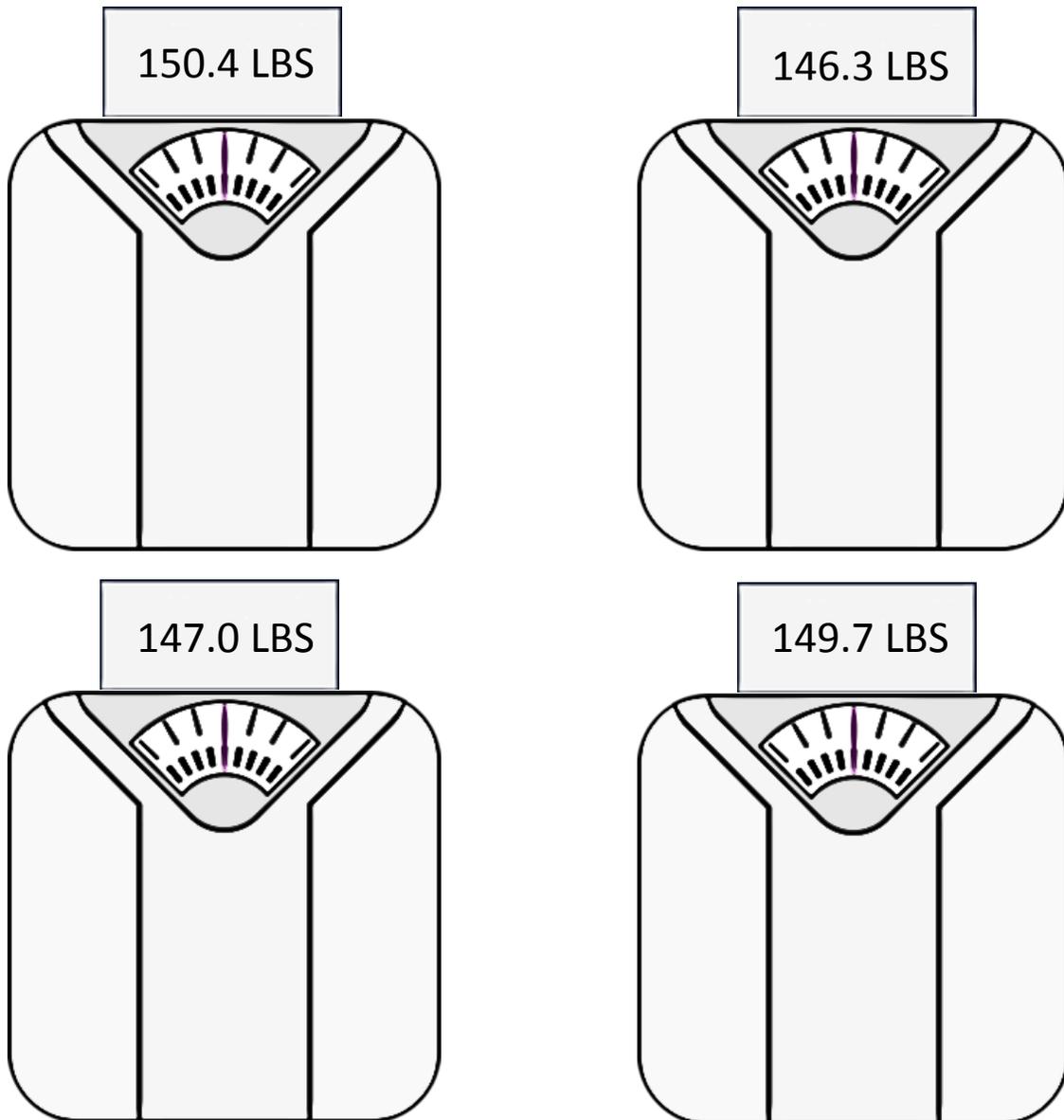
Hospitalization
Death
Illness
Weight gain

Headaches
Coughing
Trouble breathing
Sleeplessness

Swelling
High blood pressure
Tiredness

Flo is an in-center hemodialysis patient and weighs 145.2 pounds. She manages her fluids and has a goal of gaining no more than 2 pounds between each treatment. Flo weighs herself every morning to stay on track. If she misses a treatment, she will gain more weight because fluid builds up in her body.

Activity 3. These are pictures of Flo’s scales. If Flo gained **less** than 2 pounds, color the scale **GREEN**. This shows that Flo went to her scheduled treatments. If Flo gained **more** than 2 pounds, color the scale **RED**. This shows that Flo missed her scheduled treatments.



Picture Activity: Which Flo has attended all of her treatments?

Activity 5. Circle the picture that shows a Flo who went to all of her scheduled treatments. Use the symptoms and signs below to know when Flo is feeling her best!



The Flo in this picture:

1. Is near her dry weight
2. Has normal blood pressure
3. Feels good

The Flo in this picture:

1. Has gained weight
2. Has high blood pressure
3. Can't lie down on her back
4. Can't sleep at night
5. Has a headache and is tired
6. Coughs and has trouble breathing