



Topic of the Month

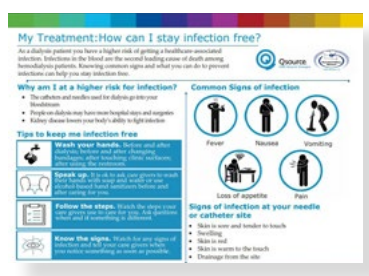
My Lifeline

Step 1: Plan

Review the following Network and community resources to plan a patient engagement activity to provide patients with information about taking care of their dialysis access.

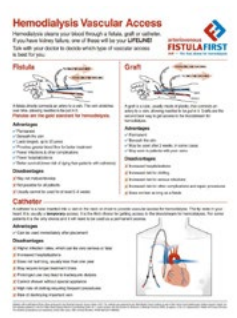
Network Resources

- My Kidney Kit - All pages are available in English and Spanish at www.mykidneykit.org. Highlighted MKK “My Choices” pages include:
 - [What I Should Know about Fistulas](#)
 - [Self-Cannulation](#)
 - [My Treatment: How Can I Stay Infection Free](#)



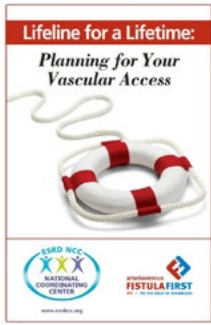
- [Keeping a Healthy Dialysis Access](#) handout shares information about the importance of taking care of your access and ways to protect their dialysis access.
- [“My Journey with Kidney Disease”](#) shares patient stories addressing questions they wish they would have had answers to when they started dialysis including decisions about access choice. It is available online in English and Spanish.
- [Patient Engagement Showcase](#) “My Choices” section includes images and information on patient engagement activities by clinics throughout our Network to help decrease the use of long term catheters.

ESRD NCC Resources



- Hemodialysis Vascular Access ([English/Spanish](#)) provides patients with the pros and cons for the accesses available for hemodialysis including fistulas, grafts and catheters.
- “Ready, Set, Go” New Fistula Daily Check: [Weeks 1-2](#), [Week 3](#), [Weeks 4-5](#), [Weeks 6-10](#) provides guidance to patients on how to monitor a new fistula.
- “Ready, Set, Go” New Graft Daily Checks: [Week 1](#), [Weeks 2-3](#), [Week 4](#)
- “Look, Listen, Feel” Access Monitoring Guide ([English/Spanish](#)) provides guidance on how to monitor your access.
- [Catheter Check Guide for Patients](#) encourages patients with a catheter to check it every day providing what to look and feel for and steps to take if problems are identified.
- [Catheter Check Guide for Staff](#) provides staff with instructions of what to look, listen and feel for before connecting a patients’ catheter.

Community Resources



- [Lifeline for a Lifetime](#) offers online information developed as part of the [Fistula First Catheter Last \(FFCL\)](#) Workgroup Coalition on how to decide which access is best for each patient and breaks it down into manageable steps. The planning manual is also available to download in [English](#) and [Spanish](#).
- [Dialysis Access and Body Image](#) shares tips on how to have a healthy body image when starting dialysis.
- [Ease the Ouch](#) brochure shares tips on how to manage needle fear.
- [Overcoming the Fear of Needles](#) this article provides Peter Laird, MD advice on overcoming needle fear on Home Dialysis Central's blog.
- [Inserting Your Own Needles for Dialysis \(Self-Cannulation\) Is Your Right!](#) article shares ideas to consider about self-cannulation on the National Kidney Foundation website (www.kidney.org)
- [Dialysis Patients Speak: A Conversation about the Importance of AV Fistulas](#) patient YouTube video provided by ESRD Network of New England, Inc.
- [Kidney School Module 8-Vascular Access](#): A Lifeline for Dialysis this provides a tool to Learn which access is best and why, and how to protect your access so it will last as long as possible. [View Online](#) or download in [English](#) or [Spanish](#).

Step 2: Act

Go For It! Team up with your staff and Network Patient Representative (NPR) to complete a patient engagement activity.

- Educate patients and staff using the My Kidney Kit pages. Use the [My Education Sheet](#) to document any patient goals.
- Talk with your Network Patient Representative (NPR) to discuss ideas on what resources and activities they would like to see at the clinic to help patients to maintain their access or address needle fear.
- Invite your NPR to a team huddle to share their experience with their dialysis access.
- Review the [Patient Engagement Activity Showcase](#) with ideas from clinics throughout our Network on access management.

Step 3: Share

Share what your clinic has done with the rest of the Network!

- Ask your NPR for their feedback and encourage them to attend the next NPR Connection Call (the second Thursday and/or Friday each month at 1 pm) to share with others!
- Take a photo of your activity and report your facility's patient engagement activities on the [Patient Engagement Report](#)

Highlights will be shared through the projects and [e-newsletter](#).

For more information or to file a grievance, please contact
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