

Baxter

DIALYSIS SNAPSHOT

Helping patients
choose a treatment



Nurses' Guide



Having CKD can be a life-changing experience

Patients and their families may feel uncertain about how to manage or choose the best treatment. If their CKD progresses through all the stages of kidney disease, then making a decision about which treatment option to choose is inevitable. When patients are referred too late or delay making this decision, many of them will start hemodialysis (HD) with a temporary access, i.e. an HD catheter.

Most of the time, these patients will remain on HD as their permanent treatment without the opportunity to make an educated modality choice.

This booklet was created for nurses to help their patients make informed decisions about dialysis treatment modalities so they can enjoy life to the fullest.

DIALYSIS SNAPSHOT

The goals of *Dialysis Snapshot* are to:

- Recognize what values and beliefs are important to the patient and what type of lifestyle they lead
- Apply the learnings about the different modality options and understand how those options can fit in with the patient's lifestyle
- Give patients who started hemodialysis in an unplanned way an opportunity to receive education and re-consider their treatment option
- Make an informed decision about their treatment

Current choices include Peritoneal Dialysis, Home Hemodialysis, Hemodialysis in the hospital or clinic setting as well as transplant and conservative/no treatment options. ***Dialysis Snapshot*** does not include transplant or no treatment as options; however, this is something that patients should discuss with their health care team.

Decision Making:

People are more likely to choose an option they think is apt to achieve valued outcomes and avoid undesirable results. Unfortunately, many health care decisions have alternatives that:

- have both desirable and undesirable outcomes
- have desirable outcomes occurring partially with one option and partially with another

Thus, no alternative will entirely satisfy all of the patients' personal objectives and no alternative is without its risk of undesirable outcomes. This situation is known as a "choice dilemma" or "decisional conflict." Decisional conflict is the uncertainty about which course of action to take when choice among competing actions involves risk, loss, regret or challenge to personal life values.

Decision aids can improve patients' knowledge and their level of involvement in treatment decisions.

Dialysis Snapshot can assist you in supporting the patient in the shared decision-making process.



The **RNAO best practice guidelines** for Decision Support for Individuals Living with Chronic Kidney Disease identify the following as components of decision support:

1. Nurses meet knowledge needs.
2. Nurses help patient clarify his/her values.
3. Nurses help patient to identify and mobilize resources.
4. Nurses help patient to communicate with others during the decision-making process.
5. Nurses obtain commitment from patient for next decision-making steps.

Reference: Registered Nurses' Association of Ontario. Decision Support for Adults Living with Chronic Kidney Disease, Clinical Best Practice Guidelines. Ontario: Registered Nurses' Association of Ontario; 2009. p. 34-37.

Dialysis Snapshot is intended to assist patients in clarifying their values. If a patient appears to have knowledge gaps in modality options, please refer to *the Patient First Education* materials or *Living with Kidney Disease* flipchart for further information on treatment options. You can contact your Baxter representatives for materials or if you have any questions about ***Dialysis Snapshot***.

The *Dialysis Snapshot* Interactive Assessment

This guide helps nurses:

- encourage their patients to log on to kidneycampus.ca/snapshot and take the assessment so they can learn about other dialysis treatment options
- become familiar with the assessment to answer questions patients might have along the way
- help their patients understand the assessment's results and encourage them to speak to their doctor or nurse about treatment options

Encourage patients to connect to kidneycampus.ca/snapshot and take the ***Dialysis Snapshot*** assessment

Patients have 2 choices:

The screenshot shows the 'DIALYSIS SNAPSHOT' title at the top. Below it are three questions: 'Do you have Chronic Kidney Disease (CKD)?', 'Have you chosen your dialysis therapy?', and 'Are you on the therapy that best suits you?'. A paragraph follows: 'Dialysis can affect many areas of your life. Choosing the right type of dialysis treatment for you can be challenging. "Dialysis Snapshot" has 16 questions only. It reviews your values and lifestyle to help you choose the right treatment.' Below this is another paragraph: 'If you are a caregiver, we invite you to take this assessment as if you were the patient. This will ensure the results are suited to the patient's condition and lifestyle.' A small note at the bottom states: 'Note: The information and recommendations provided through this tool do not constitute medical advice; the quiz is intended for informational purposes only. Be sure to discuss treatment options with your doctor, nurses, family and friends so that you can determine which treatment best suits your health and lifestyle.' There are two main buttons: 'Start Assessment' and 'Get Information'. Callout boxes highlight these options: 'To take the ***Dialysis Snapshot*** interactive assessment from their smart phone or tablet' points to the 'Start Assessment' button, and 'Read about dialysis treatment options' points to the 'Get Information' button. A third callout box, 'Click here to begin', points to the 'Start Assessment' button.

DIALYSIS SNAPSHOT

Do you have Chronic Kidney Disease (CKD)?
Have you chosen your dialysis therapy?
Are you on the therapy that best suits you?

Dialysis can affect many areas of your life. Choosing the right type of dialysis treatment for you can be challenging. "Dialysis Snapshot" has 16 questions only. It reviews your values and lifestyle to help you choose the right treatment.

If you are a caregiver, we invite you to take this assessment as if you were the patient. This will ensure the results are suited to the patient's condition and lifestyle.

Note: The information and recommendations provided through this tool do not constitute medical advice; the quiz is intended for informational purposes only. Be sure to discuss treatment options with your doctor, nurses, family and friends so that you can determine which treatment best suits your health and lifestyle.

Start Assessment

OR
Get information right away about dialysis treatment options.
Get Information

To take the ***Dialysis Snapshot*** interactive assessment from their smart phone or tablet

Read about dialysis treatment options

Click here to begin

Q

Why should you encourage your patients to take the assessment?

A

- To help them and their caregivers make informed choices about dialysis treatment options
- To help them find a dialysis treatment that fits their lifestyle so they can enjoy life to the fullest
- It's an interactive and easy way to get information about the different treatments available to them

PART 1:

The assessment starts with a patient background question

Let's get to know you...

What is your current dialysis treatment?

If you can't find the type of dialysis you are on, please choose the closest to you.

- ☐ I'm not on dialysis, but have visited a chronic kidney disease (CKD) clinic
- ☐ Conventional in-centre hemodialysis (ICHHD)
- ☒ Peritoneal dialysis (PD)
 - ☐ During the day (CAPD)
 - ☐ Overnight with cyclor (APD)

Back Continue

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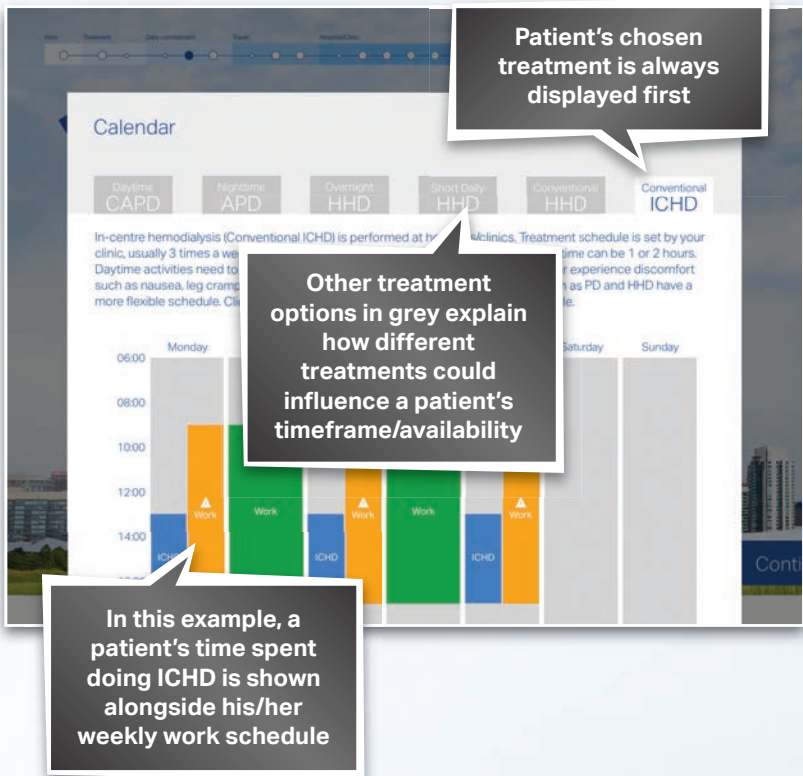
Q

Is the background question important to answer?

A

Yes. The answer given will influence the final results and populate the *Dialysis Snapshot* calendar, a detailed timetable that helps patients visualize time spent on dialysis vs. other activities and see how other treatment options may positively impact their daily time.

Example of the *Dialysis Snapshot* calendar: patient's profile



Note: Throughout the assessment, a calendar will appear after certain questions to give patients a glimpse of their snapshot.

PART 2:

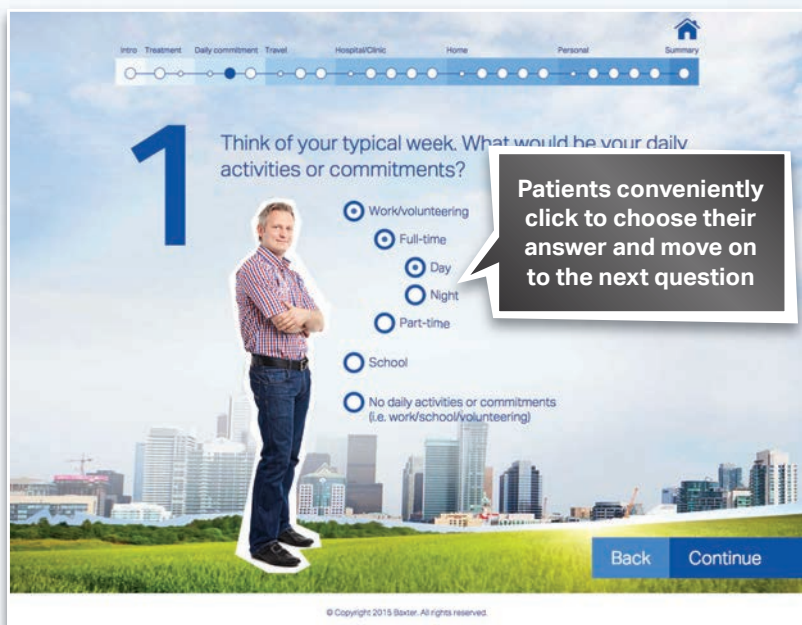
Questions about different aspects of life

The screenshot shows a web interface for a dialysis treatment selection tool. At the top, a progress bar with 11 dots indicates the current step, with labels: Intro, Treatment, Daily commitment, Travel, Hospital/Clinic, Home, Personal, and Summary. The 'Daily commitment' step is highlighted. Below the progress bar, the title 'Your Lifestyle' is displayed. A paragraph explains: 'Dialysis snapshot guides you through 5 aspects of your life that you need to consider when choosing the right dialysis treatment for yourself. Now let's take a look at what your preferences are for these 5 areas of your life...'. Five circular icons represent the categories: 'Daily Commitments' (city skyline), 'Travel' (airplane over clouds), 'Hospital or Clinic' (hospital interior), 'Home' (bedroom), and 'Personal' (sun through trees). A dark grey callout box on the left contains the text: 'Questions are categorized into five important aspects of life that may influence patients' dialysis treatment choice'. At the bottom right are 'Back' and 'Continue' buttons. A copyright notice at the bottom reads: '© Copyright 2015 Baxter. All rights reserved.'

Questions are categorized into five important aspects of life that may influence patients' dialysis treatment choice

Note: Patients must answer all questions in all 5 categories so a complete picture can be painted of their lifestyle.

Example of a question from the *Dialysis Snapshot*



Intro Treatment Daily commitments Travel Hospital/Clinic Home Personal Summary

1 Think of your typical week. What would be your daily activities or commitments?

- ☒ Work/volunteering
 - ☐ Full-time
 - ☐ Day
 - ☐ Night
 - ☐ Part-time
- ☐ School
- ☐ No daily activities or commitments (i.e. work/school/volunteering)

Back Continue

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Note: Results will be revealed on a summary page at the end of the assessment, which can be printed and emailed to share with doctors, nurses, family members, etc.

What are patient ratings?

The screenshot shows a patient rating interface. At the top, there is a navigation bar with tabs: Intro, Treatment, Daily commitment, Travel, Hospital/Clinic, Home, Personal, and Summary. Below the navigation bar is a progress indicator with a series of dots, where the 'Daily commitment' tab is currently selected. The main content area displays a question: 'Think of your typical week. What activities or commitments?' followed by a sub-question: 'How important is it to you to fit your dialysis around your daily commitments?'. Below this, a sliding scale is shown with numbers 1 to 5. The scale is labeled 'Not important' on the left and 'Very Important' on the right. A white slider knob is positioned at the number 4. A callout box with a speech bubble tail pointing to the slider knob contains the text: 'Patients must rate the importance of certain aspects of their lives with an easy-to-use slider'. Below the slider is a blue button labeled 'Rate and continue'. At the bottom of the interface, there are 'Back' and 'Continue' buttons. The background of the interface shows a person's legs walking on a grassy field with a city skyline in the distance.

1 2 3 4 5

Not important Very Important

Rate and continue

Back Continue

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Q

Why is this step crucial?

A

Patient ratings influence the final results and the **Dialysis Snapshot** calendar. Furthermore, they help to understand what the patient values and confirm which aspects they are not willing to give up or trade off.

Note: Rating pages will appear throughout the assessment.

Summary page to share

Patients can share their results with their health care providers with just a click

Based on the answers you provided,

Speak to your doctor or nurse about home dialysis treatment options and share your report summary below (scroll down to visualize).

Try again?

Share my results

They can even print the results for their files or to show their loved ones

Star ratings are used to rank the dialysis treatment that best fits a patient's lifestyle. Ratings are based on replies throughout the assessment

In-centre hemodialysis (ICH)

ICH is done at the clinic. Your blood is removed from your body and pumped through a manufactured filter. It cleans your blood outside of your body.

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Post-quiz treatment info

This page is a summary of the questions, answers and information provided throughout the assessment.

membrane of your own peritoneum as the filter.

body and pumped through a manufactured filter. It cleans your blood outside of your body.

Summary of my answers

My daily activities and commitments

No activities

Peritoneal Dialysis

Home Hemodialysis

In-centre Hemodialysis

Is performed at home and more flexible; can be done overnight during your sleep and your daytime is free for any daily commitments.

Is performed at home and more flexible; can be done overnight during your sleep and your daytime is free for any daily commitments.

Fixed schedule at the clinic 3 times a week, each treatment is about 4 hours and additional time on commute.

I am a:

Not a caregiver / parent / grandparent

Answers patients gave during the assessment

My

Peritoneal Dialysis

Home Hemodialysis

In-centre Hemodialysis

Can be performed anywhere/anytime. Supplies can be delivered to many locations worldwide

Depends on availability of dialysis centre close to your destination. Would need to book appointments at the centre.

Depends on availability of dialysis centre close to your destination. Would need to book appointments at the centre.

My preferred weekend away:

Don't like weekend away

Can be performed anywhere/anytime. Supplies can be taken with you or delivered to you.

Dialysis schedule can be modified to accommodate weekend getaways.

Weekend trip is possible if treatment schedule is on Mon, Wed, Fri.

How I feel about being needed:

Fine with needing myself

Peritoneal Dialysis

Home Hemodialysis

In-centre Hemodialysis

Does not require needles for the delivery of peritoneal dialysis

Insertion of 2 needles for each treatment by you/your caregiver. Some may have permanent catheter and do not require needles.

Insertion of 2 needles for each treatment by medical staff. Some may have permanent catheter and do not require needles.

What's next?

DIALYSIS SNAPSHOT

Ask your patients to share their results and discuss with you their values, thoughts or even decisions on treatment options.

The *Dialysis Snapshot* assessment was designed to educate patients on the existence of various dialysis treatments and to let them know that choosing the right treatment can greatly improve their quality of life. Whether patients have already started a dialysis treatment, or are evaluating options before they begin, this assessment will help them navigate through the overwhelming process of making an informed choice. Patients can lead the lives they want and you can help them achieve this goal!

Encourage your patients to log on to kidneycampus.ca/snapshot to get started.



Quiz completed

Once the quiz has been completed, encourage your patients to print out a copy of their results and share it with their doctor to discuss treatment options. If patients want to discuss their results with you, you can go through the suggested treatments with them to see what they think and support them in making a decision on a suitable option.

You can refer them to kidneycampus.ca for more information about kidney disease, treatment options and tools that support patient decision making on dialysis modalities.

Before trying to negotiate a behaviour change, it is good to assess the beliefs, current knowledge and desires of the patient to make a change. People make changes based upon what they see as important. ***Dialysis Snapshot*** helps you to understand what a patient's important factors are. Knowing how to communicate with your patient by listening and asking questions will result in a thorough assessment of a patient's emotional, medical and situational management of their chronic disease.

Below are some examples of questions that you can review with patients using the results from ***Dialysis Snapshot***:

I) Assess patient's beliefs:

Review the results with patients.

- Based on the results, what are the most important things to you?
- Do the results make sense to you?
- Is there anything surprising to you?

Did the patient complete this with family members/ significant others?

- Do you prefer to share this decision or decide for yourself?
- Do you have enough advice and support from others to make a choice?
- Do you need to hear the views of someone specific?

Are some of the responses a result of a lack of awareness regarding the resources available?

II) Assess patient's current knowledge:

Do you notice any gaps in knowledge that may have skewed the results for the patient?

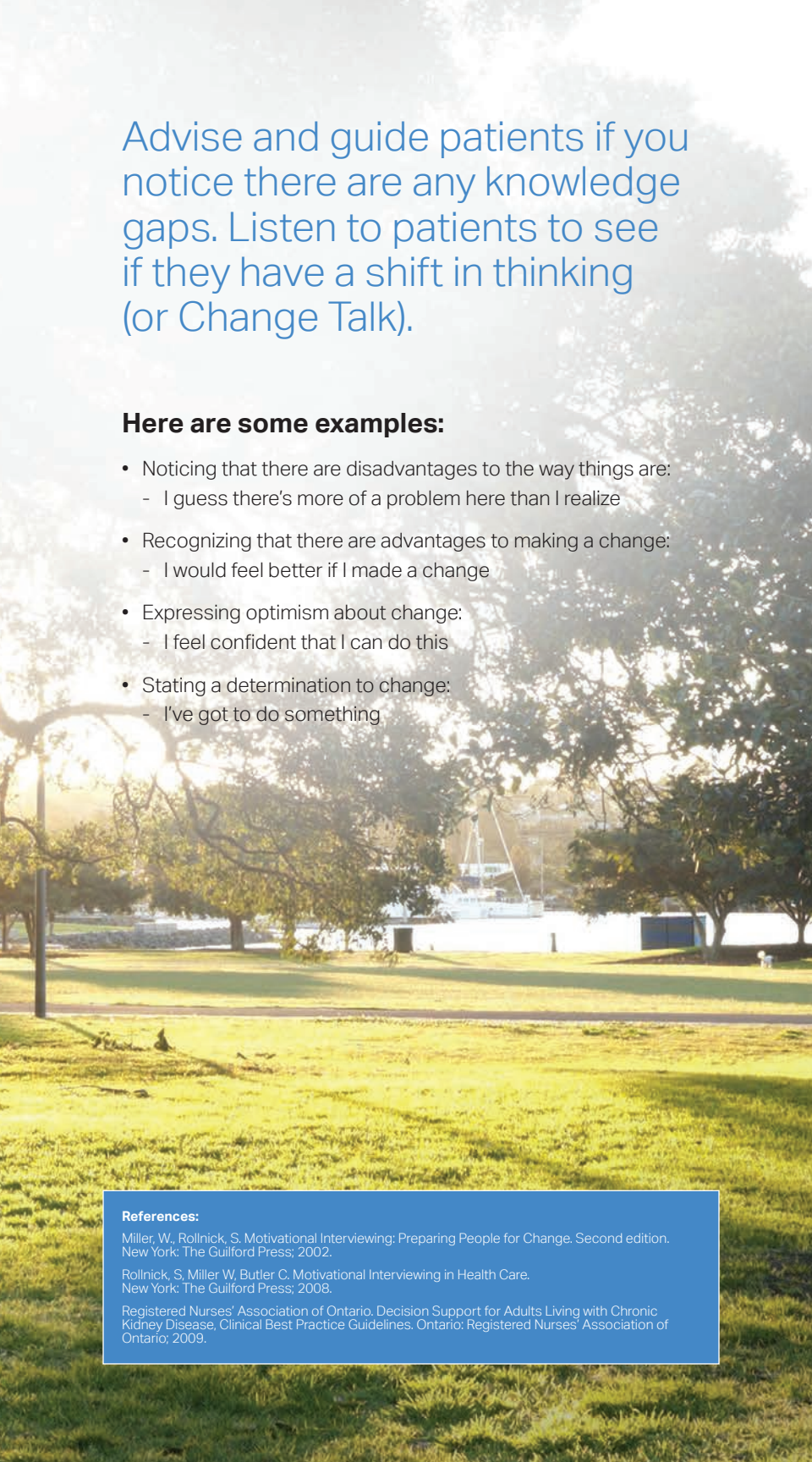
- Do you know what options are available to you?
- Do you know both the benefits and risks of each?
- Are you clear about which benefits and risks matter most to you?

III) Assess desire of the patient to make changes:

Ask patients:

- How confident are you that your decision for renal replacement therapy type is the right one for you?
- Are you ready to make a plan?
- Do you need to discuss the options with anyone else? If so, with whom?
- Do you need anything else to help make your choice?
- Will you be ready to make a decision by _____?
- If not, what is keeping you from making the decision?





Advise and guide patients if you notice there are any knowledge gaps. Listen to patients to see if they have a shift in thinking (or Change Talk).

Here are some examples:

- Noticing that there are disadvantages to the way things are:
 - I guess there's more of a problem here than I realize
- Recognizing that there are advantages to making a change:
 - I would feel better if I made a change
- Expressing optimism about change:
 - I feel confident that I can do this
- Stating a determination to change:
 - I've got to do something

References:

Miller, W., Rollnick, S. *Motivational Interviewing: Preparing People for Change*. Second edition. New York: The Guilford Press; 2002.

Rollnick, S, Miller W, Butler C. *Motivational Interviewing in Health Care*. New York: The Guilford Press; 2008.

Registered Nurses' Association of Ontario. *Decision Support for Adults Living with Chronic Kidney Disease, Clinical Best Practice Guidelines*. Ontario: Registered Nurses' Association of Ontario; 2009.

If the patient is confident in their decision, make plans to obtain commitment towards the next step in the decision-making process, i.e. access referral or meeting with home therapy nurses.

A photograph of a hospital room. In the center is a white door with a silver handle. To the left of the door is a light blue wall. To the right is a white wall. A yellow caution tape is stretched across the lower part of the door. At the bottom of the image, there are blue curtains hanging from a metal rod.

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PD-DS-01 March 2015