

- Do I have a choice about who takes care of me at dialysis?
- Will I get advance notice of any changes at the dialysis center?
- How can I cope with changes in staff?*
- How does staff let us know when patients are in the hospital, or die?
- Do we celebrate birthdays, and holidays at the center?*
- How can I avoid missing work or school?
- Where can I find help to get a job or go back to school?
- How can I talk to others about the feelings I have?*
- How can I find a place to volunteer?
- Who can help me with insurance, work, or school questions?
- Who can talk to my employer or school about dialysis?
- What should I do if my insurance coverage changes?
- How do I deal with the fatigue and hopelessness I feel sometimes?*
- What is depression and how do I get help for it?
- How can I ask for help and pay back people who help me?*

- Will I ever stop having a lot of ups and downs in the way I feel?
- How can I get my free subscription to the Renal Outreach newsletter?*
- What do I do if I disagree with some of my medical care?*
- Right now, I am most concerned about _____*

* Does your facility have a Network Patient Representative? If you do, ask them to share what they think on these subjects!

Questions for Myself

- How am I controlling my weight gain and blood pressure?
- What am I doing to improve my monthly blood test results?
- Am I making and keeping medical appointments?
- Am I exercising regularly?
- Do I know the phone number and address of the transplant center?

If you have a complaint or concern with your dialysis care you may file a grievance with The Renal Network. Patients may call: 1.800.456.6919; email: info@nw10.esrd.net; or write: The Renal Network, 911 E. 86th Street, Suite 202, Indianapolis, IN 46240; or visit our website: <http://www.therenalnetwork.org>

Living with ESRD

A Patient Checklist



Knowing All You Can About ESRD Can Lead to a Better Quality of Life



You know that being compliant with your treatment makes a difference in how you feel. Shortening your dialysis time, skipping

treatments, not monitoring your fluids, ignoring your binders and more, you might think is OK now and then, but each thing adds up and takes its toll. As you adjust to dialysis you may have questions on medications, treatment options, insurance, body changes, diet restrictions and more. You can use this list to organize those questions. Use this as an aid when you discuss these things with your Social Worker, your Network Patient Representative, Nurse or your Kidney Doctor.

Questions for my Doctor or Nurse

- Why are there often changes to my medications?
- What is my hemoglobin and how does it affect the way I feel?
- If I take EPO and iron pills, do I still need intravenous iron?
- How do blood flow and time affect the amount of dialysis I get?
- How do I know if I am getting enough dialysis?

- What should I do if I believe my access has clotted?
- How can renal disease affect my sexual function?
- Do I still need regular immunizations or flu shots?
- Do I still need routine tests, like a PAP smear or prostate check?
- Should I use estrogen after menopause?
- Who do I talk to if I want to try a different treatment for ESRD?
- How long can I live on dialysis?
- How can I keep up with the latest medical developments?
- Can I still do activities like hiking/boating/working out in my gym?
- Can I still enjoy things I used to do alone (long walks, boating, etc.)?
- What are the long-term effects of my medical condition?
- Who do I talk with to learn more about transplants?

Questions for My Dietician

- Where can I find recipes and menus to fit my meal plan?

- What can I learn from my regular blood tests, and who can help me?
- Why does it matter when I take my phosphate binders?
- What does being on dialysis have to do with how I eat?
- What can I eat at restaurants and other people's homes?

Questions for My Social Worker

- How can I change my life for the better?*
- How can I enjoy spur-of-the-moment things?*
- What do I need to know about other treatments for kidney failure?*
- What can I do if my family and I disagree about my treatment plan?
- How can I help my family and friends cope with my dialysis?*
- How can I tell my family that I need to be more independent?
- What are "advance directives" and do I need them?
- What can I do if I don't get along with some patients or staff?*