
KEEP

Kidney Early Education Program

UW Medicine
UNIVERSITY OF WASHINGTON
MEDICAL CENTER

ANNA
*American Nephrology
Nurses' Association
Greater Puget Sound Chapter*



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Introduction to KEEP

About the Kidney Early Education Program at UWMC

This first chapter in your KEEP notebook explains the goals of the program and how it will help you deal with your kidney disease.

Program Goals

When you have completed KEEP, you should be able to:

1. Have less anxiety and stress and know a lot more about the stages of chronic kidney disease. Family members who attend KEEP should also have these results.
2. Keep doing your activities of daily living.
3. Follow the plan for taking care of yourself.
4. Talk with your healthcare providers about your health issues.
5. Feel like you have the power and information you need to make the right treatment choices for you.
6. Realize that there is “life after dialysis.”
7. Use the KEEP class notebook as a resource for yourself and your family.
8. Contact the dialysis facility early, to talk about treatment choices and financial issues in more detail.

Forward

by Belding H. Scribner, MD

I have been caring for dialysis patients for over 30 years, and diabetics for over 50 years. In each type of patient, one thing stands out above all others:

Those patients who, over time, came to know almost as much as their doctors about their treatment and how it affected them, coped most successfully with the constraints of the treatment and made the best life adjustment.



Talk with your dialysis facility about your treatment choices and financial questions.

When it comes to healthcare, curiosity is a good thing – it does **not** “kill the cat.” And, by the way, these well-informed patients were not always the most popular patients, either.

This manual is part of a valuable introductory course for patients who are soon to start a lifelong involvement with renal replacement therapy. This course offers a unique opportunity to begin early to gain the knowledge that will mean so much to your success as a patient in the years ahead.

Paying close attention to what is taught in this course will:

- Help you understand how dialysis works to make you well. Having this basic knowledge will be especially helpful in the first few weeks of dialysis, when things happen quite fast.
- Help you learn more quickly about dialysis and how it affects your health and well-being.

It will take a while for you to learn enough to be able talk with doctors in depth about your treatment. To help you get to that point, listen carefully to the information in this excellent introductory course. If you do so, your curiosity will be aroused. You better understand what is happening to you and around you when you start dialysis, instead of just putting out your arm and expecting the staff to take care of you. By paying close attention from the beginning, you will learn everything that you need to live your life to the fullest on renal replacement therapy.

Belding H. Scribner (1921-2003) was Professor Emeritus, School of Medicine, University of Washington, who made chronic hemodialysis a reality.

Program Overview

1. Introduction

You will meet each of the participants, class leaders, and observers. You will hear about the history and goals of the KEEP program.

2. What Your Kidneys Do and What Happens When They Fail

We will cover the basic physical structure of the kidneys, how they work, and how kidney disease can affect how you feel.

3. Treatment Options: Hemodialysis

We will explain *hemodialysis*, one of the treatment choices you have when your kidneys fail. We will talk about the pros and cons of this choice and the different types of *dialysis access* (the place on your body where blood is removed and returned during dialysis).

4. Treatment Options: Peritoneal Dialysis

We will explain *peritoneal dialysis*, another treatment choice. We will talk about some of the pros and cons of this treatment to help you decide which treatment is right for you.

5. Treatment Options: Kidney Transplant

We will explain kidney transplantation and talk about the pros and cons of this treatment choice.

6. Choices: Making Your Treatment Decision

We will review the pros and cons of each treatment choice. We will give you worksheets to help you make your own treatment decisions.

7. Preserving Your Kidney Function

We will provide information to help you keep your kidneys working as well as possible and for as long as possible.

8. Healthy Eating

We will talk about the best food choices for people with kidney disease.

9. Financial Resources

We will talk about sources of financial help that you may be able to access, and explain how to get that help when you need it.

10. Live Healthy and Live Long

This is a summary of what you have learned so far in this course. And, it helps you put everything you've learned in perspective.

11. Coping with Kidney Disease

We will talk about how to live well with kidney disease. Other kidney patients will offer tips and advice on how to live well while dealing with kidney disease.

12. Medicine Facts and Medical Terms

You will receive information about medicines, and learn terms that are related to healthcare and kidney disease.

Welcome

Welcome to the Kidney Early Education Program (KEEP). Volunteers from the Puget Sound area have put together the information in these classes. They include kidney patients, doctors, nurses, dietitians, social workers, and financial counselors.

The people who explain these issues during the classes are also volunteers from the area. The goal of these classes is to teach you about what kidneys do, kidney disease, and how kidney failure may affect your life.

Kidney disease affects over 31 million people in the U.S. This is about 1 in 10 Americans. In the 1960s, doctors developed *dialysis*, a way to treat people with kidney failure. Better ways to transplant kidneys were also developed during this time. In 1973, Medicare started paying for dialysis.

Today, about 900,000 people in the U.S. are on some type of kidney replacement therapy. The number increases by about 33,000 people a year. Spending for kidney disease in 2009 was \$52 billion in the U.S.

Anyone can have kidney failure. We believe the more you know about kidney disease and your health, the better off you will be.

What you will learn in class is very basic information. Talk with your doctor about how this information relates to you. Chapter 12 includes a list of medical terms and definitions for you to refer to as needed.

We invite you to start KEEP classes when your serum creatinine is 2.0 to 4.0, or when your glomerular filtration rate (GFR) is less than 59. You will need early referral to this program from your *nephrologist* (kidney doctor).

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Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.
