

Introduction to Center Hemodialysis Teaching Guide



Title	Key messages	Patient behavior outcomes	Suggested teach back questions	Audience
Adequacy and Hemodialysis (handout)	Adequacy as a measure of waste removal Signs of inadequate dialysis, how to improve adequacy	Takes steps as needed to reach Kt/V goal	What does adequacy measure? What is Kt/V goal? How can adequacy be improved?	All
Dialysis and Heparin (handout)	Benefits of using heparin on dialysis Heparin contains pork products Handout suggests the patient speak with their MD, religious and/or community leaders about using heparin	Consent to use heparin during dialysis Patient to speak with physician, religious and/or community leaders if they have concerns	Informational	Given if pt refuses heparin
Dialysis Chair Comfort (handout)	Tips for being comfortable and safe during treatment	Patient does not skip or cut treatments short related to discomfort Keeps blankets, pillow, etc. clean to reduce infection risk Keeps access and face visible	Why do you need to keep your access and face visible during treatment?	All
First Treatment Discharge Instructions (handout)	Instructions after first treatment regarding activity, access care and upcoming dialysis schedule	Patient understands basic access care after first run Is able to state next appointment time/schedule	What would you do if ____? How can you prevent ____? (Use several examples)	All
Important Phone Numbers (handout)	Unit and IDT Care Team contact information	N/A-information only	N/A	All

Patient Responsibilities (handout)	Northwest Kidney Centers expectations/rules for dialysis patients	Follows rules/meets expectations	Discussion of key behaviors/expectations	All
Patient Rights (handout)	Under federal law, the rights of every dialysis patient	Can find Rights posted in unit and can put into use as appropriate	Discussion; patient knows where Rights are posted in unit	All
Welcome Letter (handout)	Explaining focus on education and helping patients learn more about kidney disease	N/A-information only	N/A	All
What is Good Dialysis? (handout)	“Good dialysis” means fluid and waste removed, best access, right treatment option	Adherence, as patient understands goals/outcomes of optimal treatment	Informational	All