



Kidney Q&A

4-12 months

Life Options Rehabilitation Program
414 D'Onofrio Drive, Ste. 200
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Q: Do I have a choice about who takes care of me at dialysis?

A: The rules that govern dialysis clinics list patient rights and responsibilities. These do not include the right to choose what staff member takes care of you. However, you can always ask, since some clinics are more flexible than others. You *do* have the right to change dialysis centers—if there is another center in your area and your insurance will cover it.

Learn all you can about your dialysis treatment: The more you know about dialysis, the more you can do for yourself, and the less you'll need to depend on a staff person to take care of you. The more you can do for yourself, the more in control you'll feel, and the better you will do. You can even learn to do your own needle sticks, which can help your access last longer (and reduce the pain you feel).

Consider doing home dialysis: If you don't want to let certain staff members at your clinic take care of you, think about doing your own dialysis, or at least your own needle sticks. Some dialysis clinics offer training in home dialysis—either hemodialysis or peritoneal dialysis. Other clinics train patients to do their own dialysis—called self-care dialysis—at the clinic. Still other clinics will teach you how to do your own access care and needle sticks.

What I can do if I don't want a certain staff member to take care of me:

- Treat the staff with respect and expect to be treated with respect in return.
- Know my clinic's policies on assigning staff.
- Talk to someone, i.e. social worker, head nurse, administrator, at the clinic to help me resolve the issue.
- Learn all I can, so I can do as much of my care as possible.
- Consider doing home dialysis or learning how to do my own needle sticks.
- Visit module 3 of Kidney School™: *Working with Your Healthcare Team* at www.kidneyschool.org.
- Visit module 14 of Kidney School™: *Patient Responsibilities and Rights* at www.kidneyschool.org to learn more about what I can expect at dialysis.