

MY PLAN: Patient Plan of Care (POC) Meeting Checklist

Get ready for your POC meeting with this checklist created by patients, for patients.

BEFORE THE MEETING:

- Ask your care team when your POC meeting will be scheduled.
- If you don't want to return to the facility for a meeting on your day off, ask for a date and time that works for your schedule or the possibility of a phone conference.
- Ask that the facility staff remind you of the meeting the day before.
- Ask for an interpreter, if needed.
- Ask for a copy of the POC that the other members of the team have completed prior to the meeting. It should include:
 - ✓ The dose of your dialysis (such as the length of your treatment)
 - ✓ Adequacy of treatment (how well dialysis is cleaning your blood)
 - ✓ Nutritional status
 - ✓ Mineral metabolism or bone health (phosphorus, calcium, PTH, etc.)
 - ✓ Anemia (hemoglobin levels, IV Iron and Epogen administration)
 - ✓ Your vascular access type (fistula, graft, or catheter)
 - ✓ Psychosocial status (your level of adjustment to dialysis, insurance coverage, etc.)
 - ✓ Your treatment type and preferences (home hemodialysis, in-center hemodialysis, peritoneal dialysis)
 - ✓ Transplant status and preferences
 - ✓ Rehabilitation status (employed, retired, desiring to return to work)
- If your lab results are not included on the POC, ask your healthcare team for the latest copy.
- Ask a family member or friend to attend the meeting with you. Your facility may also have a patient advocate that could attend with you.
- Make a list of questions, concerns, and observations you may want to discuss. For example: sleeping problems, muscle cramping, feelings of sadness, issues with staff, etc.
- Take a list of all the medications you are currently taking, including over the counter medications and vitamins or supplements, to the meeting.



