

MY PLAN: *What You Need to Know About Your Plan of Care (POC)*

The POC meeting is your opportunity to communicate directly with your healthcare team about decisions that affect your dialysis care and to get the maximum benefit from each treatment for your overall health and well-being. You will learn more about End Stage Renal Disease (ESRD) and how your choices affect various aspects of your treatment. During the POC meeting, your healthcare team will answer your questions and concerns regarding your care so you can be an informed, engaged patient.



YOUR POC WILL ADDRESS:

- 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 and Epogen use)
- Vascular access (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 (are you employed, retired, desiring to return to work)

HOW OFTEN IS MY POC COMPLETED?

The POC is completed when you initially start dialysis, three months after starting dialysis, and yearly thereafter. A POC is also completed any time your health condition changes, for example, after several hospitalizations or if you have a significant change in your personal life (death of a loved one) or changes in mental health.

HOW DO I FIND OUT WHEN MY POC WILL BE REVIEWED?

Ask your facility when and where your next POC meeting will be held.

WHAT IF I CANNOT ATTEND WHEN THE MEETING IS SCHEDULED?

Talk with your facility for alternatives. Can the meeting be held at a different time or date? Can you participate by telephone? Since you are the most important part of the care team, let your facility know that you want to participate and discuss options that will allow you to participate.

THE PATIENT PERSPECTIVE

As patients, we may be concerned and frustrated about the many changes we have to deal with when starting dialysis. Understanding our kidney disease and dialysis treatment can be overwhelming. Being part of the dialysis POC process makes us part of the care team and can help lessen our fears. We have a right and a responsibility to be informed regarding our dialysis care. Only we know what is right for us, and attending the POC meeting lets our voices be heard and lets the other members of our care team know we want to be involved in our care.

Joe Karan, Home Hemodialysis and Kidney Transplant patient and NKF of Florida Patient Advocate

MY RIGHT TO TAKE PART IN MY CARE AND TREATMENT

I have the right to:

- Be told about my rights and responsibilities
- Be treated with respect
- Privacy: My medical records can't be shared with anyone, unless I say so
- Dietitian and social work services
- Be told about my health in a way that I understand
- Be told about and choose my treatment options
- Be told about any tests ordered for me and their results
- Be told about the services offered at the center
- Be told about the process of dialysis and dialyzer re-use
- Be told about any expenses that I have to pay for if they are not covered by insurance or Medicare
- Be told about any financial help available to me
- Accept or refuse any treatment or medicine my doctor orders for me
- Be told about the rules at the treatment center (for example, rules for visitors, eating, and personal conduct)
- Choose if I want to be part of any research studies

My job is to:

- Tell my healthcare team if I don't understand my medical condition or treatment plan
- Treat other patients and staff as I would like to be treated, with respect
- Tell my healthcare team if I refuse any treatment or medicine that my doctor has ordered for me
- Tell my healthcare team if I have medical problems, am going to the dentist, am being treated by another doctor, or have recently been to the hospital
- Follow the rules of the dialysis center
- Get to and from the center for my treatments; I can talk with my social worker if I need help doing this
- To pay my bills on time; If this is hard for me, I can ask about a payment plan