



# Northwest Renal Network

**Helping Navigate Kidney Disease**

Patient Bulletin



**Our mission is to promote optimal dialysis and transplant care for kidney patients in Alaska, Idaho, Montana, Oregon and Washington**

## We Can Help With:

Care concerns

Patient rights

Transplant

Treatment options

Travel and dialysis

Questions about employment

Access to our library of resources

## Taking Care of What Matters- **You**

Many people who have been diagnosed with a chronic illness report feeling they are no longer in control of their life or their bodies. Research shows that dialysis patients who take an active role in their care generally experience improved results. By taking some control in your treatment, you may actually notice that you have regained some control in your own life. Remember when you were first told that you would need to have dialysis? Do you remember how you felt? Did you feel a little powerless or no longer in control? What can you do to gain back some of your own power? You don't have to go big, but here are some easy things to start with;



**Weigh yourself-** This tracks how much fluid has collected before your treatment + how much was removed by dialysis.

**PREVENT INFECTIONS:** **Wash your access before dialysis.**



**Hold your own access following dialysis, then- Wash your hands again after holding your access.**



**Measure your vital signs before and after dialysis.** You may even choose to track your vital signs every 30 minutes during dialysis.

Who knows? You may decide you want to go farther and learn to set up your machine, collect your lab specimens or even put your own needles in.

**THE MORE YOU KNOW THE MORE YOU WILL BE ABLE TO KEEP YOURSELF IN BETTER CONTROL.**

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