

Depression & Dialysis: Removing the Stigma & Strengthening our Mental Health

*Tools and resources
From patients For patients
to help us cope*

October 4, 2018

Derek Forfang

Chair, Forum of ESRD Network's
Kidney Patient Advisory Council (KPAC)

&

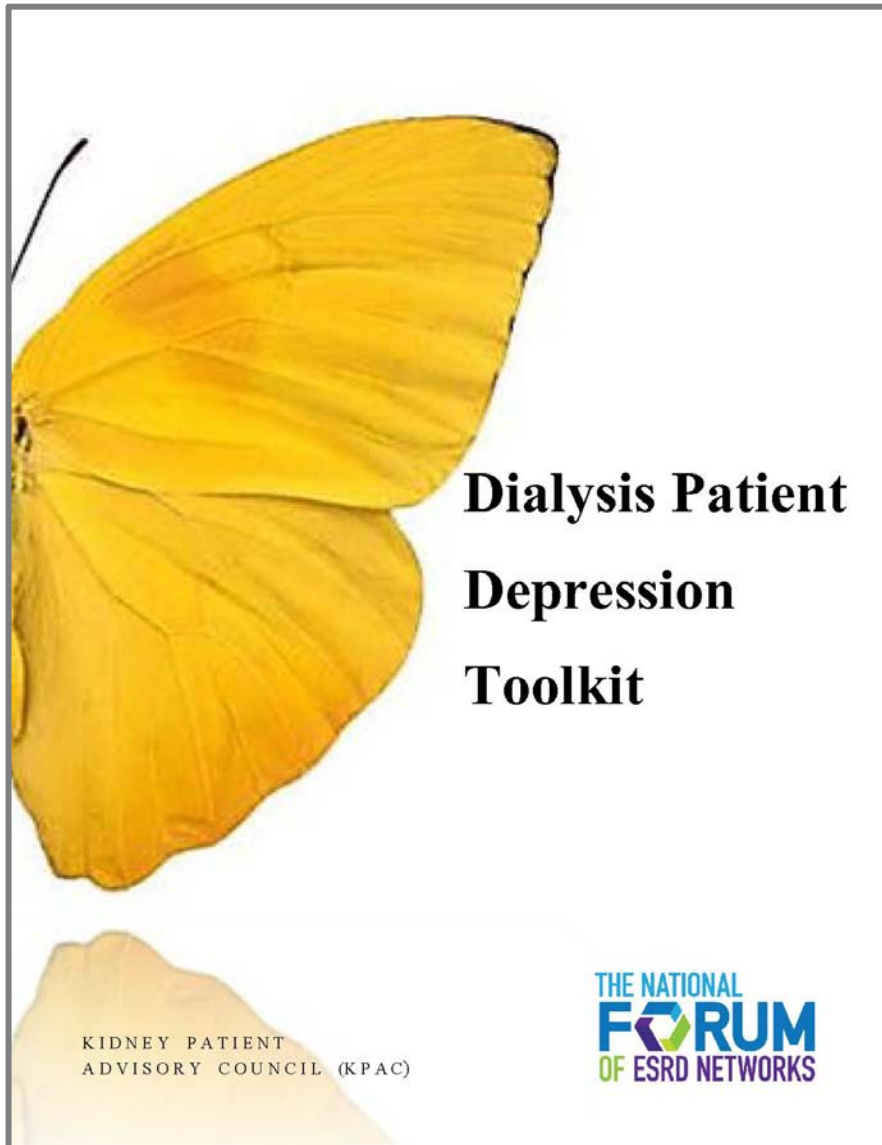
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The Depression Toolkit



- Written BY Patients
FOR Patients
- Spanish version
available soon
- View, download and
print free of charge
from the Forum
website:

<http://esrdnetworks.org/resources/toolkits/patient-toolkits>



One Patient's Experience

Derek Forfang

Chair, Forum's Kidney Patient Advisory Council

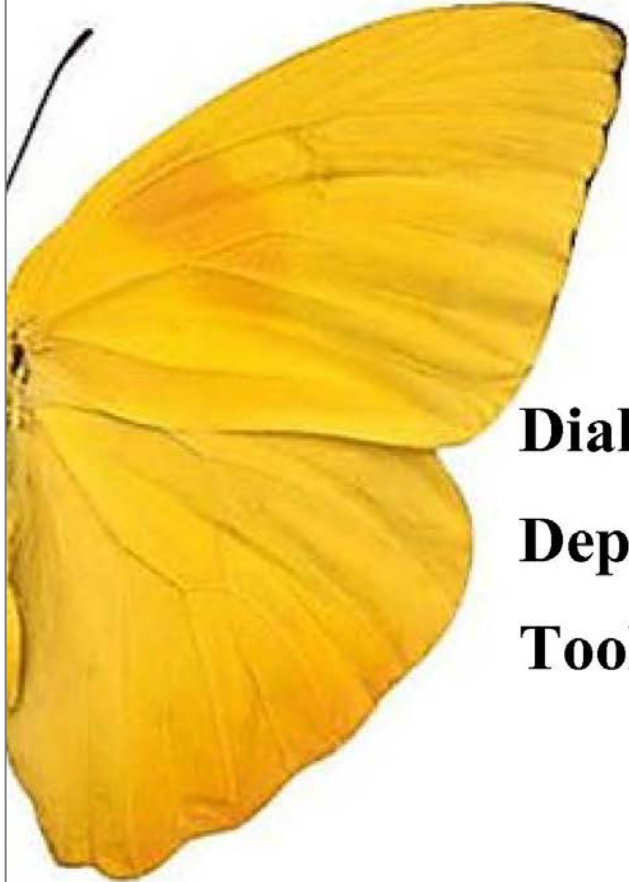


The Depression Toolkit: A Brief Overview

Maggie Carey

Member, Forum's Kidney Patient Advisory Council

PAC Chair, Midwest Kidney Network



Dialysis Patient Depression Toolkit

KIDNEY PATIENT
ADVISORY COUNCIL (KPAC)



By Patients For Patients
But Applicable for Everyone

Developed for Patients to Use
BUT

SYMBOLISM OF DRAGONFLY AND BUTTERFLY

Having flown the earth for 300 million years, dragonflies symbolize our ability to overcome times of hardship. They can remind us to take time to reconnect with our strength, courage and happiness.

Butterflies are deep and powerful representations of life. Around the world, people view the butterfly as representing endurance, change, hope, and life.

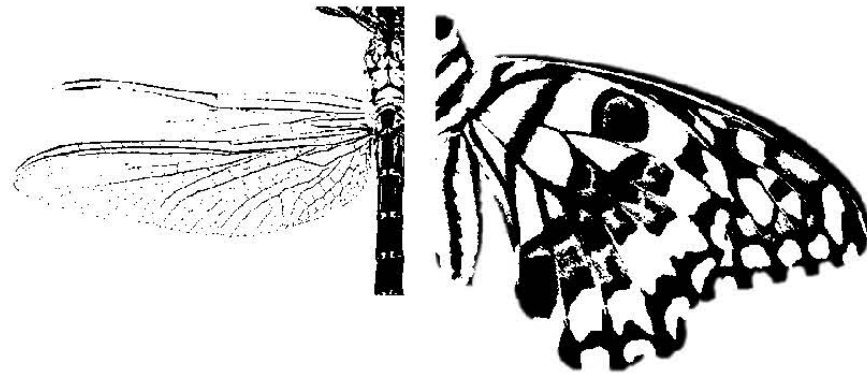


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BEHAVIORAL REACTIONS

Behavioral reactions are often easier to notice. They are often noticed by our family and caregivers.

- **Addiction** – To alcohol, drug, cigarettes, overeating, gambling, etc. This list is endless.
- **Aggression** – This can be minor and temporary, or it can evolve into frequent volatile mood swings. It can be abusive toward others or toward ourselves.
- **Insomnia** – Our thoughts may spiral out of control in the quiet of night.
- **Inability to Stay Awake** – Stress and tension cause our brains to work overtime and may create excessive fatigue, especially during the day.
- **Withdrawal** – Our self-esteem and confidence take a hit. We may no longer believe in our ability to cope with social situations and begin to shut down and isolate.

PHYSICAL RESPONSES

Many of us don't realize the physical damage that anxiety and depression can cause. Because we are already in a weakened state, this damage can be more severe on us than on those who are not on dialysis. There are a lot of overlapping issues involved with anxiety and depression.

- **Headaches**
- **Muscle Aches** – pain and/or decreased range of motion
- **Bodily Damage**, both internal and external
 - Stomach issues
 - Changes in vision
 - Loss of our ability to breathe naturally
 - Damage to our hearts
 - Damage to our nervous system
 - Damage to our reproductive system
 - Increased risk of certain cancers

Patient Stories



William

Patient is a 30 year old 278lb male with falling GFR and rising Creatinine. His physician group has told him to get ready for dialysis. He is not eligible for transplant listing since he is over weight. He has lost 25 pounds since January but still needs to lose another 28 pounds before he can be tested. His medical team put him on steroids nine months ago and he gained over seventy five pounds! The team finally took him off of Prednisone on Monday. This will help him lose the needed weight.

He is frightened and scared about everything that is happening to him. To make matters worse he can not get information from the physician group about his blood type. He has a very large family and many people want to donate. This refusal by the team is causing even more anxiety. He wants to be proactive in finding a donor blood type match.

James

James was depressed from the time of his diagnosis of ESRD. He continued in a downward spiral for months causing friction within his family of four. He became bitter and mean. His wife and daughters had to leave the family home and find other living arrangements which were difficult because of financial problems caused by ESRD.

James's wife reached out for help for him. He would not talk with us for two months. Finally he reached out to us and we were able to convince him to go to his primary care physician for help. He was prescribed an anti-depression med and received counseling and advocacy from NKF. I am sad to report that it was too late to save the marriage but he now has a wonderful relationship with his ex-wife and children.

CHAPTER THREE

Do I Need Help?

A lot of us wonder how well we are coping. We wonder if we need help or if this is as good as it gets. We may not be ready to turn to a professional, but we would like to know whether or not there is something wrong.

VALUE OF SELF DIAGNOSTIC TOOLS

A Self Diagnostic Tool is a short, simple test that we can take in the privacy of our own homes. It can help us become more aware of ourselves and help us decide if treatment might be necessary and if a professional assessment is needed. **These tests are NOT a complete diagnosis.** They are simply tools to help us understand what we are feeling.

DANGERS OF SELF DIAGNOSTIC TOOLS

These tests are very simple and are only effective if we are completely honest with ourselves when we take them. It is important that we are not being defensive while we take them. We must have enough self-awareness that we can honestly answer the questions. Self-diagnosis will not work if we have a bad opinion of ourselves while we are taking the test. These are just tools to help us understand ourselves and are never meant to replace professional evaluations.

DEPRESSION –PHQ 9

This is an easy to use multiple choice self-report inventory that is used as a screening and diagnostic tool for depression. It is one of the most validated tools in mental health and can be a powerful tool to assist with diagnosing depression and anxiety.

It is important to note that the questions about having little energy and having a poor appetite may not be appropriate for Dialysis Patients. We often have issues in these two areas because of our treatments and not because of depression and anxiety.

THE PATIENT HEALTH QUESTIONNAIRE (PHQ-9)

Patient Name: _____

Date: _____

Over the past 2 weeks, how often have you been bothered by any of the following problems?	Not At all	Several Days	More Than Half the Days	Nearly Every Day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed or hopeless	0	1	2	3
3. Trouble falling asleep, staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself - or that you're a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or, the opposite being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

Column Totals _____ + _____ + _____

Add Totals Together _____

The scoring is quite simple:

- ✓ All you need to do is add up the columns of 1's, 2's, and 3's and then add them together for a total score.
- ✓ There is no data available specifically for patients with renal disease, but in general, if you scored over a 10, it is considered high and you should follow-up with your social worker, or get a professional assessment.

**** It is also important to get professional help immediately if you score anything other a zero on question 9 regarding hurting yourself.**



CHAPTER FOUR

What Type of Help is Out There?

Thankfully, there are a lot of options we can look into if we decide we need help in dealing with the emotional demands of dialysis. Unfortunately, there is no one answer that works for everyone. Several of us have found that a combination of types seems to work best. And even when we find a combination that works, it is likely to change over time and we start looking for a new combination. But peace of mind and a feeling of hope are worth the effort, so we keep fighting for it.

ASK QUESTIONS

The more we understand what is happening and what to expect in the future, the more we can let go of the fear. We need to ask our medical team to explain these things in a way that we can understand. We should ask them to explain things or ask other patients how they deal with these experiences and hope. Often the

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We must be sure to check our facts with our medical team.

PEER MENTORING

A peer mentor is a patient who shares her experience with other patients. A formal Peer Mentoring program will pair up an experienced patient who is having trouble and share their experiences. Peer mentors do not give medical advice, but they can help

our hobbies are more energetic than we can now manage, we can try new things that are less demanding. Kids play all the time. We

MEDITATION

Just breathe. Take time to be still and concentrate on breathing. A form of meditation called Mindfulness that helps us slow down our brains and just breathe. It helps us to stop replaying old conversations over and over again. It helps us stop inventing conversations that even happened yet. There are several free Apps available for your phone that can help us learn how to calm down and breathe.

RELIGION/SPIRITUALITY

Many of us hold on to or turn to our faith. Pastoral counseling can help ease our fears and restore our peace of mind.

There are several ways to turn to Faith, Religion and Spirituality.

SEEK OUT A QUALIFIED PASTOR OR FAITH COUNSELOR

Talking to a faith-based professional may help us get a better perspective on our depression or anxiety.

GET INVOLVED IN WORSHIP SERVICES

By attending worship services, we may find a support group to help with overcoming depression and anxiety.

SPIRITUALITY CLASSES

Seeing and hearing what scripture has to say on certain topics may help us cope with the problems that we face from time to time.

SERVICE

Helping others may make us feel good and puts our focus on others' needs.

MUSIC

Inspirational music and other forms of music help lift our spirits. Listening to music throughout the day may do wonders.

questions we need to ask our medical team. They also help us to better manage our health.

Some units offer Peer Mentoring. Some units do not. Sometimes we can work with a Peer Mentor from a neighboring unit. Several kidney related organizations offer Peer Mentoring through e-mails and through phone calls.

SUPPORT GROUPS

Support groups can be very helpful in decreasing feelings of isolation and relieving fears. There is something comforting in knowing that the people around us have the same fears and experiences. It is sometimes easier to adjust to living with kidney disease if we do it together.

Members usually share their experiences and offer one another emotional comfort and moral support.

Many units have support groups. They may also be available in other units in the area. Or we may need to consider a support group for other forms of chronic illness (like cancer). Some of the experiences may be different, but many of the fears are the same. You should talk to your social worker about this.

PERSONAL GOAL SETTING

Sometimes something as simple as getting up and dressed in the morning can be one-year goals, one-day goals, or one-next breath. They should be meaningful and achievable. Once we have a plan to reach it. Our goals can change at any time and new goals can be set.

PLAY

Do something fun. If nothing else, it can be just a symptom of depression. We need to adapt them to our new limitations.

PRAYER AND MEDITATION

Talking with your Creator or spiritual guide, and mediating on their words and teachings can provide comfort and strength.

EXERCISE

Exercise can be a healthy coping strategy. It releases feel-good endorphins and can break the worry cycle. We can gain confidence by meeting small exercise goals and it may help us find healthy social interactions.

12 - STEP PROGRAMS

If there is a leaning toward self-medication or substance abuse, 12-step programs have a long history of success. While they may not work for everyone in every situation, many people have found solid coping skills through the 12 steps. Alcoholics Anonymous is the most easily recognized of the 12-step programs, but there are programs out there for a variety of compulsive behaviors ranging from food compulsions to gambling.

PSYCHOTHERAPY

Psychotherapy is another name for talk therapy and there is a wide variety in the types of providers and styles that use psychotherapy. More is discussed in the following chapter (Chapter 5), but there is strong evidence that psychotherapy helps address most mental health issues. There is even growing evidence that it works well for patients with kidney disease.

PHARMACEUTICAL OPTIONS

Any physician can prescribe medication designed to reduce depression or anxiety, but a psychiatrist is a specialist in this area. There are many medications that are relatively safe and have few side effects that can help and are considered safe to be used in patients with compromised renal function. You may want to start the conversation with your primary care doctor or nephrologist, or you can ask for a referral.

INFORMATION FOR PROFESSIONALS

A Guide for Mental Health Providers Seeing a Patient with End Stage Renal Disease

WHAT IS END STAGE RENAL DISEASE (ESRD)?

If there is damage to the kidneys and they decreased ability to filter out toxins, this is called Chronic Kidney Disease (CKD). Millions of people in this country have the earlier stages of CKD. If kidney function drops to around 10%, this is referred to as End Stage Renal Disease (ESRD). Once the kidneys fail, patients need renal replacement therapy or they will not be able to live. The main causes for CKD in this country are diabetes and high blood pressure. Life expectancy is somewhat shortened for people with ESRD, but depending on the age of diagnosis, many people live for a long time while receiving renal replacement therapy.

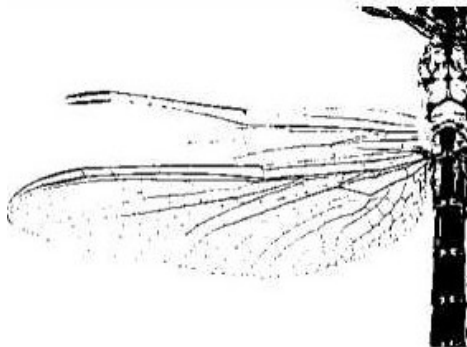
HOW IS ESRD TREATED?

The ideal treatment for ESRD is a kidney transplant, but due to the shortage of donated kidneys the great majority of patients requiring renal replacement therapy are receiving hemodialysis. While other forms of dialysis are increasing in popularity the preponderance of the dialysis population in the USA is on in-center hemodialysis. Hemodialysis involves the artificial filtration of the blood through a machine. This process typically takes about 4 hours and is done 3 times a week in specialty hemodialysis centers.

WHAT ARE THE SPECIAL CHALLENGES A PATIENT MAY BE EXPERIENCING?

Clearly the dialysis treatment is quite demanding, often leaving the patient totally fatigued. Depression is very prevalent and anxiety is quite common as well. There is a restrictive diet and severe fluid restriction requirements for people on dialysis. The demands of the illness and its treatment are very high, and consequently compliance may be an issue. As with other demanding

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chronic medical conditions there are often associated changes to social role, family dynamics and financial status. Patients with ESRD are at higher risk for sleep disturbance and may have pain associated with their condition. All of these challenges are placed on top of the usual demands of regular living. ESRD has a higher rate of comorbid depression than other chronic medical conditions.

WHAT TYPES OF MENTAL HEALTH TREATMENTS WORK?

There is limited data available specific to ESRD because psychiatric clinical trials usually exclude patients with ESRD. Unfortunately, data regarding the effectiveness and safety of psychotherapeutic agents in ESRD patients is also limited. A number of medications, such as tricyclic antidepressants, have resulted in adverse effects that need to be avoided. All psychotherapeutic medications should be started at low doses and increased carefully while being closely monitored. It is critically important to collaborate with the patient's nephrologist to tailor the appropriate therapy to address the needs of the patient.

SUGGESTIONS FOR WORKING WITH PEOPLE WHO HAVE COMORBID ESRD

Treatment burden is a major issue. Having additional outpatient appointments can be overwhelming for many dialysis patients, consider non-conventional modalities to supplement sessions in the event of exhaustion, dialysis schedule change or illness. Be mindful that the individual experience of ESRD is quite varied and that the additional burden imposed by the medical condition may be only peripherally related to the presenting mental health issue.

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PATIENT RESOURCES

Where can I get more information?

- American Society of Nephrology
<https://www.asn-online.org/>
- The National Kidney Foundation
<https://www.kidney.org/>
- Your Unit Social Worker:
Social workers in dialysis clinics are required to have a master's degree in social work and are trained mental health counselors. Seeking mental health help from your dialysis social worker is one option, but if you would like to seek help outside the dialysis unit, your social worker can refer you to other resources.

IMMEDIATE HELP

- **Mental Health.gov**
Get immediate help!
<https://www.mentalhealth.gov/get-help/immediate-help>
- **National Alliance of Mental Illness**
800-950-6264 ♦ <https://www.nami.org/>
- **Suicide Prevention Lifeline**
1-800-273-TALK (8255) ♦ <http://www.suicidepreventionlifeline.org>
24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress.

Your call is routed to the nearest crisis center in the national network of more than 150 crisis centers.

ASK QUESTIONS

- **American Association of Kidney Patients**
1-800-749-AAKP ♦ <https://aakp.org/dialysis-education/>

- **DaVita – Kidney Care**
1-800-244-0680 ♦ <https://www.davita.com/kidney-disease>
- **Dialysis Clinic, Inc – DCI**
1-615-37-3061 ♦ <http://www.dciinc.org/articles/>
- **ESRD National Coordinating Center**
844-472-4250 ♦ <https://www.esrdncc.org/en/resources/>
- **Fresenius – Kidney Care**
1-800-377-4607 ♦ <https://www.freseniuskidneycare.com/>
- **Kidney Fund**
<http://www.kidneyfund.org/training/webinars/archive.html>
- **Kidney School**
Kidney School is a comprehensive online education program for people who want to learn how to manage and live with chronic kidney disease
<http://www.kidneyschool.org/mods/>
- **National Kidney Foundation**
1-855-NKF.CARES (653-2273) ♦
<https://www.kidney.org/kidneydisease>
- **Life Options**
Life Options is a program of research, research-based education, and outreach founded in 1993 to help people live long and live well with chronic kidney disease
<https://lifeoptions.org/>
- **Renal Support Network HOPEline**
800-579-1970
<https://www.rsnhope.org/hopeline-kidney-disease-support-phone-line/>



PEER MENTORING

- **ESRD National Coordinating Center**
Peer Mentoring Resources
<http://esrdncc.org/patients/educational-materials/>
- **ESRD Network 5**
Peer Up! Program - A Special Innovation Project
<http://www.esrdnet5.org/Special-Initiatives/Peer-Up!-Program.aspx>
- **ESRD Network 10**
The Renal Network Facility Peer Program
http://www.therenalnetwork.org/services/facility_peer_program.html
- **ESRD Network 11**
Midwest Kidney Network Peer Mentoring Coaching Materials
<http://midwestkidneynetwork.org/engaging-patients/peer-mentoring>
- **ESRD Network 16**
Northwest Renal Network brief guide to peer mentoring
<https://nwrn.org/images/LAN2015/PeerMentoring.pdf>
- **National Kidney Foundation**
NKF Peers Contact
855-653-7337 ♦ <https://www.kidney.org/patients/peers>
Speak with a trained peer mentor who can share their experiences about dialysis or transplant.

SUPPORT GROUPS

- **American Association of Kidney Patients – AAKP**
Find a Support Group – by State
800-749-AAKP ♦ <https://aakp.org/support-groups/>
This site will help you find support groups in your area. Remember, though, that Cancer Support groups may also be helpful. Many of the issues are similar.
- **DaVita Kidney Care: Kidney Disease and Dialysis Forums**
<http://forums.davita.com/>



MEDITATION

- **Calm**

Reduce Anxiety, sleep better, live happier. Calm brings clarity, joy and peace to your daily life. Join the millions experiencing the life-changing benefits of meditation and mindfulness

<https://www.calm.com/>

- **Mindful**

Mindfulness meditation practice couldn't be simpler: take a good seat, pay attention to the breath, and when your attention wanders, return. By following these simple steps, you can get to know yourself up close and personal.

<https://www.mindful.org/mindfulness-how-to-do-it/>

- **UCLA Health:** Free guided meditations

<http://marc.ucla.edu/mindful-meditations>

EXERCISE

- **DaVita:** Exercise for Dialysis Patients

<https://www.davita.com/kidney-disease/dialysis/life-on-dialysis/exercise-for-dialysis-patients/e/5295>

- **Fresenius Kidney Care:** Make Exercise a part of your every day

<https://www.freseniuskidneycare.com/thriving-on-dialysis/staying-healthy/exercise>

- **Life Options:** A guide for people on dialysis

<https://lifeoptions.org/assets/pdfs/exercise.pdf>

12 – STEP PROGRAMS

- **Alcoholics Anonymous**

Find a meeting near you

https://www.aa.org/pages/en_US/find-aa-resources?zipcode=Zip%2FPostal+Code&csrf=f3ec3a6089fb91c7362cd0b614bcb15741fdcf6e384d4f10517797f9fbc8b08



- **Behavioral Health Treatment Services Locator**
Find alcohol, drug, or mental health treatment facilities and programs around the country.
<https://findtreatment.samhsa.gov>
- **Opioid Treatment Program Directory**
Find treatment programs in your state that treat addiction and dependence on opioids, such as heroin or prescription pain relievers.
<http://dpt2.samhsa.gov/treatment>
- **Recovery.org**
Tap into a community of people in recovery, people seeking help with an addiction, and those seeking help for a loved one... Join our community forums for free today!
<https://www.recovery.org/forums/>
- **Substance Abuse and Mental Health Services Administration**
1-800-622-HELP (4357) ♦ <https://www.samhsa.gov/find-help>
Also known as, the Treatment Referral Routing Service, this Helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.

PSYCHOTHERAPY

- **American Psychology Association**
Psychologist Locator
https://locator.apa.org/?_ga=2.75654108.896303003.1782561789.1523214805
- **American Psychiatric Association - psychiatrist finder**
<http://finder.psychiatry.org/>
- **Good Therapy**
Find the Right Therapist
<https://www.goodtherapy.org/find-therapist.html>
- **Psychology Today**

Find a therapist
<https://www.psychologytoday.com/us/therapists>



**Dialysis Patient
Depression
Toolkit**

RELEASE
DATE
JUNE 15
2018



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News

Quality Conference - In the News

Jul 13, 2016

Partnership for Patients

Jul 13, 2016

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Upcoming Events

Summer BOD Meeting

Aug 24, 2016 - Aug 25, 2016 — Chicago, IL

NKF Council on Renal Nutrition (Upstate & Western NY)

Oct 11, 2016 08:00 AM - 04:15 PM — Batavia Downs, Batavia, NY

NKF Council of Nephrology Social Workers (Upstate & Western New York)

Oct 19, 2016 08:00 AM - 03:15 PM — Batavia Downs, Batavia, NY

NKF 2018 Kidney Care Strategies Symposium



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**Forum Website:
esrdnetworks.org**

**http://esrdnetworks.org/res
ources/toolkits/patient-
toolkits**

Advocating for the organizations that monitor the quality of chronic kidney disease, dialysis and kidney transplant care in

You are here: Home / Resources & News / Toolkits - New Look, Same Great Content! / Patient Toolkits / NEW Toolkit! Dialysis Patient Depression Toolkit / Dialysis Patient Depression Toolkit - English

Dialysis Patient Depression Toolkit - English

Title	Type
Dialysis Patient Depression Toolkit - English (complete toolkit - 38 pages)	File
Chapter 1: The Emotional Demands of Dialysis (3 pages)	File
Chapter 2: Signs of Anxiety and Depression Caused by Overwhelming Stress (4 pages)	File
Chapter 3: Do I Need Help (5 pages)	File
Chapter 4: What Type of Help is Out There (4 pages)	File
Chapter 5: Picking a Treatment Provider and How to Prepare for a Mental Health Visit (7 pages)	File
Appendix: Information for Professionals (2 pages)	File
Appendix: Patient Resources (5 pages)	File

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American Association of Kidney Patients



Lisa Garner

AAKP Board Member

Erin Kahle

Director, Stakeholder Operations

MISSION

THE INDEPENDENT VOICE OF KIDNEY PATIENTS SINCE 1969™

The American Association of Kidney Patients is dedicated to improving the quality of life for kidney patients through education, advocacy, patient engagement and the fostering of patient communities.

Founded by Patients for Patients



CORNERSTONES OF AAKP

EDUCATION



ADVOCACY



RESEARCH



ENGAGEMENT



GUIDE TO OUR SUPPORT RESOURCES

▶ Brochures

- ▶ Understanding Depression in Kidney Disease (PDF)
- ▶ When a Loved One is Depressed (PDF)
- ▶ <https://aakp.org/shop/>

▶ Articles and Videos

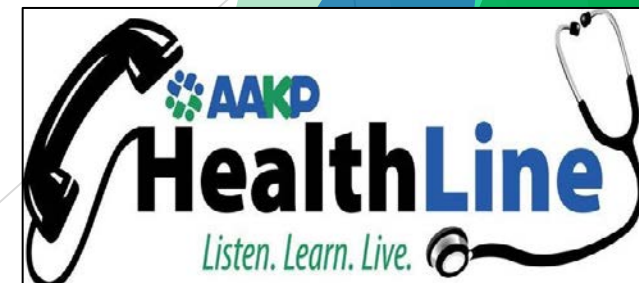
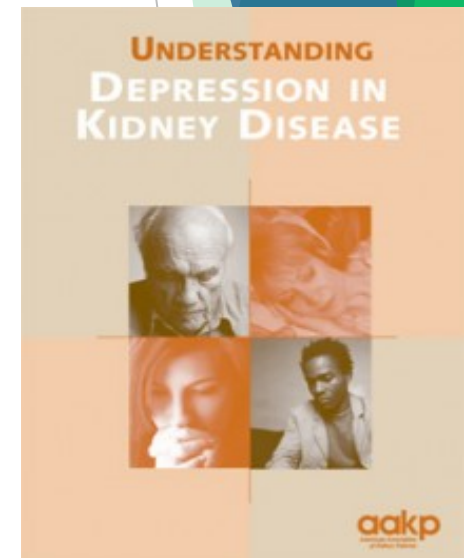
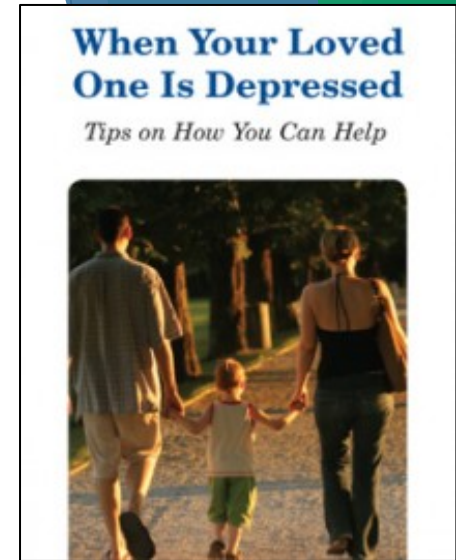
- ▶ Depression: The Struggle is Real
- ▶ Coping with Kidney Disease
- ▶ Coping with a Chronic Illness: Sharing the Diagnosis and Finding Support
- ▶ <https://aakp.org/aakp-healthline/>

▶ aakpRENALIFE Magazine and E-newsletters

- ▶ <https://aakp.org/magazine/>

▶ Blog

- ▶ <https://aakp.org/aakp-blog/>



SUPPORT RESOURCES, cont'd

- ▶ Support Groups by state
 - ▶ <https://aakp.org/support-groups/>
- ▶ AAKP Ambassador Program
 - ▶ 95+ patients, caregivers, and living donors representing 47 states plus Washington, DC
 - ▶ <https://aakp.org/fellow-patients/>



JOIN US

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- ▶ www.aakp.org

- ▶ info@aakp.org

- ▶ (800) 749-2257

- ▶ Follow us on social media!

- facebook.com/kidneypatient

- twitter.com/KidneyPatients

- instagram.com/kidneypatients

- pinterest.com/kidneypatients



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National Kidney Foundation

Curtis Warfield
NKF Peer Mentor

Kelli Collins, MSW
Vice President, Patient Engagement



NKF *Peers*®

855.NKF.PEERS

- National, telephone-based peer support program.
- Support with:
 - Stage 4 chronic kidney disease
 - Dialysis
 - Kidney transplant
 - Living donation

97%

would recommend
NKF Peers to someone in
a similar situation.

National Kidney Foundation: Resources & Support Programs

- NKF Peers
- NKF Cares Helpline
- Educational Information & Patient Stories
- Online Communities



NKF *Cares*®

Patient Information Help Line | 855.NKF.CARES

- National toll-free Help Line
1-855-653-2273 nkfcares@kidney.org
- Trained professionals answer questions and address concerns.
- Support, assistance and resources are provided in English and Spanish.



Educational Information

- A-Z Guide: www.kidney.org/atoz
 - Coping
 - Depression/Anxiety/Emotions
 - Living well
- Patient Stories:
 - Personal stories sharing experiences with depression throughout their journey with kidney disease and post-donation

NKF Online Communities

- <https://www.kidney.org/online-communities>
 - Dialysis
 - Early Stage CKD
 - Living Kidney Donation
 - Transplant
 - Parents of Children with CKD

Questions?



Kelli Collins, MSW
kelli.collins@kidney.org
1.800.622.9010 x144

NKF Peers

nkfpeers@kidney.org

1-855-653-7337

www.kidney.org/patients/peers

Use the “Question” box on your GoToWebinar panel to submit your questions

All unanswered questions will be reviewed by our co-chairs and speakers; they will be summarized in a Q & A document which will be posted to the Forum website after the webinar.

Observations Challenges Successes

<http://esrdnetworks.org/>

Thank you for joining us!



<https://aakp.org/>



National Kidney Foundation[®]

<https://www.kidney.org/>

Visit the Forum website to download the Depression Toolkit:

<http://esrdnetworks.org/resources/toolkits/patient-toolkits>

Your local ESRD Network is also a resource:

<http://esrdnetworks.org/membership/esrd-networks>

THE NATIONAL
FORUM
OF ESRD NETWORKS

Forum Office: forumcoord@centurytel.net

