

# Frequently asked questions

## Is Shared Care compulsory?

**No** – Patient choice is central to shared care. You can do as many or as few tasks as you like, or none at all.

## Will I have to go on home dialysis if I learn everything?

**No** – You can choose home dialysis if you wish, but you can also choose to stay on the dialysis unit and do as much or as little as you feel like doing. The team is still there to support and help you regardless of your Shared Care level. Talk to your dialysis nurse for more details if home hemodialysis is something you may wish to consider.

## Can I change my mind?

**Yes** – It is entirely your decision. It is important that you explain why you've changed your mind, so that the staff understand and can support you in your choice.

For more information, speak with your nurse or email [pfac-sharedcare@SHN.ca](mailto:pfac-sharedcare@SHN.ca).

[SHN.ca](http://SHN.ca)



### GENERAL

3050 Lawrence Ave. E.  
416-438-2911



### CENTENARY

2867 Ellesmere Rd.  
416-284-8131

### Hemodialysis Unit – Bridgepoint Health

14 St. Matthews Road, 6th floor  
416-461-8252, ext. 3631

### Hemodialysis Unit – Corporate Drive

78 Corporate Drive, unit 1-6  
416-438-2911, ext. 6888

### Hemodialysis Services – Yee Hong

60 Scottfield Drive, ground floor  
416-438-2911, ext. 8700



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## REGIONAL NEPHROLOGY PROGRAM

# Shared Care in Kidney Disease

A patient's guide to empowerment, wellness and self-management

# What is Shared Care

Being diagnosed with chronic kidney disease (CKD) can feel overwhelming. You may feel that you have lost control over your life, particularly as you learn about what is involved with dialysis.

Going on dialysis requires changes in your day-to-day living. Learn how you can get more involved in your care and the benefits of Shared Care.

Shared Care works in partnership with your care team to help you manage your kidney disease. It encourages you to be an active participant in your care, promoting a more positive outlook towards your CKD.

You will have the opportunity to participate in certain aspects of your treatment plan with guidance and support from staff. It allows you to choose which aspects of your care you would like to undertake, such as taking your own blood pressure and weight, to any (or all) of the other dialysis procedural tasks. The emphasis is on taking part and feeling involved at a level that suits you as an individual.

## How it helps

There is evidence that people can develop a more positive outlook and feel more in control of their diagnosis if they understand and are involved in their own treatment.



### What patients involved in Shared Care have reported:

- I feel more confident and in control.
- I experience less discomfort if needling my own fistula.
- I am less dependent on others.
- I feel more positive, have a greater sense of purpose, and an improved quality of life.
- I am occupied so that waiting to start dialysis is less of a problem.
- I better understand my condition, and have become an expert in my own care.

## How to be involved in your care

This can vary depending on where you are in your kidney journey or treatment and where you want to start, but can include:



Recording your blood pressure and pulse



Recording your weight



Administering any of your injections



Putting your needles in or preparing your dialysis access line

Speak to your care team for a full list of tasks you can partake in.

## How to get started

If you would like to become more involved in your care, ask your care team about any parts of your treatment plan that you would like to learn more about.

## Speak with your care team

Start with an activity or task that you are interested in or would find easiest to manage. You can choose to learn as many activities or tasks as you would like in any order you prefer. As you learn and become more confident, you and your kidney team will decide when you are experienced enough to safely manage aspects of your care or carry out the tasks unsupervised.

## Personalize your pace

We recognise that every person learns at a different pace and in different ways. There are other resources aside from our staff to help. You can learn from watching others, including patients (peer support), and asking staff to explain what they are doing as they work. In this way, you can gain knowledge a little at a time.

## Each journey starts with a first step

If you are interested to learn how to take your blood pressure or weight you might start with asking where can you collect the equipment from and how to use it. This would be the first step. The next time you come in for your appointment or dialysis, you could collect it yourself and a member of staff could show you how to use the equipment and how you can record these results for review with your kidney care team.

## Graduate to a new level of Shared Care

As you become more comfortable with each task, the care team will acknowledge and celebrate your achievement. You will be eligible to graduate to a new level of Shared Care, which is defined by the number of tasks you choose be involved in.

