

EXPLORING BETTER WAYS TO START DIALYSIS

Show, Irain, Reassure, Educate, and Assessment Month
[STREAM-HD]

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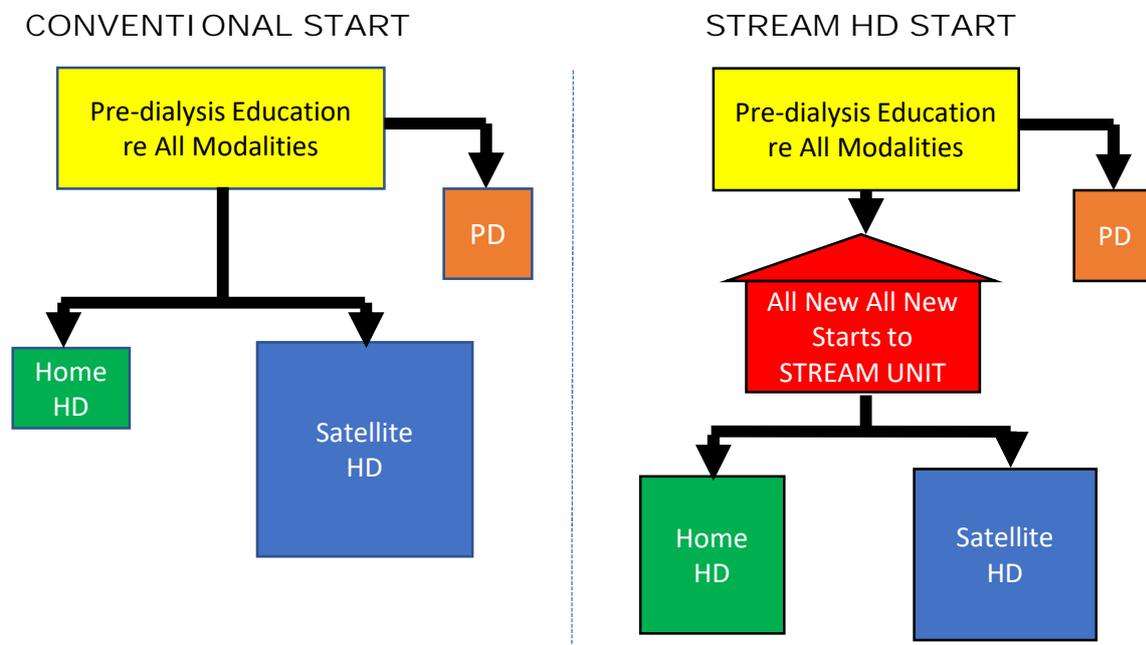
Introduction:

Introducing new patients to haemodialysis (HD) is often poorly managed. Despite routine pre-dialysis education (pre-DE), poor engagement with or frank denial of approaching HD can lead many to defer their decision until their pre-dialysis clock strikes midnight.

Further, despite pre-DE attempts to identify potential 'home' patients, many patients and families still struggle to understand the options until HD begins.

Our Show, Irain, Reassure, Educate, and Assessment Month [STREAM-HD] is now provided to all new start patients - regardless whether home HD has or has not been selected at pre-DE.

We think this approach may add value to the pre-DE paradigm and grow home HD uptake by exposing all new patients to a home training milieu.



Methods and Results:

All new HD patients now spend their first 2-4 HD weeks in a 4-6 chair education and assessment (E&A) 'pod' within our existing home training unit (HTU).

Guided by skilled HTU staff, intensive, empathetic, one-on-one E&A permits staff and patients to better understand/assess all potential options. Placing the STREAM program within the HTU environment serves two purposes:

- (1) the chance to identify and enthuse patients suitable for home HD who may otherwise have slid into facility care
- (2) the chance for new patients to witness/learn from the 'can-do' attitudes of other home trainees and established home patients

Conclusion:

While too early to judge outcomes, feedback has been strongly positive, and our home program has expanded.

The STREAM-HD approach may offer a new, better way to identify 'home-possible' patients, and to grow the home HD pool.