



## Empowered Self-Care In-Center Dialysis

When patients are given control over their own health, they are happier, more motivated, and attentive. You want to be involved in your own care, and we are going to spend the time to explain everything to you at your speed and find a plan that works best for you.

You can do as much or as little as you want in your care.

### Part 1: Basic Self-Care

#### 1. Take and Record Vitals

- Weight: \_\_\_\_\_
- Blood Pressure: \_\_\_\_\_
- Temperature: \_\_\_\_\_
- Any Changes Since Last Treatment: Yes No

#### 2. Understand Machine & Alarms

- Alarms

#### 3. Check Supplies

- Needles
- Gauze
- Alcohol Pads
- Gloves
- Tape
- Blue Pad

#### 4. Prepare Your Arm

- Wash Hands
- Feel & Listen to Access
- Clean & Disinfect Arm



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## **Part 2: Advanced Self-Care**

### 5. Cannulation Time

- o Insert Arterial Needle & Tape
- o Insert Venous Needle & Tape

### 6. Monitoring Machine

- o Time Remaining
- o Fluid Removal
- o Alarms

### 7. Dialysis Cleanup

- o Remove Needle
- o Bandage Arm
- o Clean Up

### 8. Session Debrief

- o Treatment Review
- o Track Progress
- o Your Future Plans