



Meno Ya Win
Indigenous Kidney Health Series
Learning Modules: LESSON PLANS

Module 7: HEMODIALYSIS

CONTENT

- What is Hemodialysis (HD)?
- How does HD work?
- What are the benefits of HD?
- What are other things to consider about HD?

LEARNING GOALS

By the end of this lesson, the patient and family will understand:

- That HD requires access to the bloodstream by arteriovenous fistula (AVF) or central venous catheter (CVC) and uses an artificial kidney (dialyzer) and a machine to clean the blood.
- There are several types of HD – incenter, satellite/community, self-care, and home.
- Some of the benefits of HD depend on the type of HD. Benefits for incenter HD include healthcare professionals perform the dialysis for you; and you meet other people who are on dialysis while incenter. Benefits of home HD include more control over your schedule, better health, fewer medications, and less diet restrictions.
- Some issues to consider about incenter HD include little flexibility in your schedule, travel to a HD unit and more fluid and diet restrictions. Some things to consider about Home HD include needing home renovations (electrical and plumbing), storage space and 6-to-8-week training period.

ASSESSMENT QUESTIONS

- Tell me what you know about Hemodialysis.
- Would Hemodialysis be a possible option for you? If not, why not? Would home hemodialysis be a possible option for you? If not, why not?
- What other questions do you have today?

OTHER PATIENT RESOURCES

- Incenter Hemodialysis and Home Hemodialysis demonstration videos included in this learning series.
- The Kidney Foundation of Canada: www.kidneyinfo.ca