

# Hemodialysis

## INFORMATION GUIDE



The purpose of this guide is to help patients and families find reliable, trusted sources of information and support based on recommendations from their care team. This list is not meant to be comprehensive, but rather to provide starting points for information seeking. The resources may be obtained at the Mardigian Wellness Resource Center located off the Atrium on Floor 2 of the Cardiovascular Center. Visit our website at <http://www.umcvc.org/mardigian-wellness-resource-center> and online Information guides at <http://infoguides.med.umich.edu/home>

### Brochures, Fact sheets

- End Stage Renal Disease (ESRD) National Coordinating Center (NCC)
  - Access Monitoring
    - “Ready, Set, Go” New Fistula Daily Check; Weeks 1-2  
[https://esrdncc.org/contentassets/ab0bbe7bbf3642dc87911e77b037530a/59.-1.-avf-patient\\_weeks\\_1-2\\_508.pdf](https://esrdncc.org/contentassets/ab0bbe7bbf3642dc87911e77b037530a/59.-1.-avf-patient_weeks_1-2_508.pdf)
    - “Ready, Set, Go” New Fistula Daily Check; Week 3  
[https://www.esrdncc.org/contentassets/82013d131d234bc4bb0659772ab1683f/60.-2.-avf-patient\\_week\\_3\\_508.pdf](https://www.esrdncc.org/contentassets/82013d131d234bc4bb0659772ab1683f/60.-2.-avf-patient_week_3_508.pdf)
    - “Ready, Set, Go” New Fistula Daily Check; Weeks 4-5  
[https://www.esrdncc.org/contentassets/ad78c183497b45ae985d2d7eacfb7e68/61.-3.-avf-patient\\_weeks\\_4-5\\_508.pdf](https://www.esrdncc.org/contentassets/ad78c183497b45ae985d2d7eacfb7e68/61.-3.-avf-patient_weeks_4-5_508.pdf)
    - “Ready, Set, Go” New Fistula Daily Check; Weeks 6-10  
[https://www.esrdncc.org/contentassets/01349bc519034ae8aad0cbaa63d280d7/62.-4.-avf-patient\\_weeks\\_6-10\\_508.pdf](https://www.esrdncc.org/contentassets/01349bc519034ae8aad0cbaa63d280d7/62.-4.-avf-patient_weeks_6-10_508.pdf)
    - “Ready, Set, Go” New Graft Daily Check: Week 1  
[https://www.esrdncc.org/contentassets/68559b2bb0be4bc6b1f62f99efdb3269/64.-1.-avg-patient\\_week\\_1\\_508.pdf](https://www.esrdncc.org/contentassets/68559b2bb0be4bc6b1f62f99efdb3269/64.-1.-avg-patient_week_1_508.pdf)
    - “Ready, Set, Go” New Graft Daily Check: Weeks 2-3  
[https://www.esrdncc.org/contentassets/8deffd949af4461b8e4fb188402be337/65.-2.-avg-patient\\_weeks\\_2-3\\_508.pdf](https://www.esrdncc.org/contentassets/8deffd949af4461b8e4fb188402be337/65.-2.-avg-patient_weeks_2-3_508.pdf)

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- **“Ready, Set, Go” New Graft Daily Check: Week 4**  
[https://www.esrdncc.org/contentassets/bf938c0fe33546b1a733f69f050b0fb2/66.-3.-avg-patient\\_week\\_4\\_508.pdf](https://www.esrdncc.org/contentassets/bf938c0fe33546b1a733f69f050b0fb2/66.-3.-avg-patient_week_4_508.pdf)
- **Catheter Check Guide**  
[https://www.esrdncc.org/contentassets/5707d8dec6c24d709190887307b26421/74.-complete-patient-catheter-check-guide\\_5081.pdf](https://www.esrdncc.org/contentassets/5707d8dec6c24d709190887307b26421/74.-complete-patient-catheter-check-guide_5081.pdf)
- **“Look, Listen, Feel” Access Monitoring Guide**  
[https://www.esrdncc.org/contentassets/188bfd9be4a74cfca354d9dad6ee407a/70.-patient-complete-guide\\_508.pdf](https://www.esrdncc.org/contentassets/188bfd9be4a74cfca354d9dad6ee407a/70.-patient-complete-guide_508.pdf)
- National Kidney Foundation
  - **A New Normal: Life on Dialysis – The First 90 Days**  
[https://www.kidney.org/sites/default/files/docs/11-10-0307\\_dialysistransitionbk2\\_oct07\\_lr\\_bm.pdf](https://www.kidney.org/sites/default/files/docs/11-10-0307_dialysistransitionbk2_oct07_lr_bm.pdf)
  - **Getting Ready for a “New Normal”**  
[https://www.kidney.org/sites/default/files/docs/11-10-0306\\_dialysistransitionbk1\\_oct07\\_lr\\_bm.pdf](https://www.kidney.org/sites/default/files/docs/11-10-0306_dialysistransitionbk1_oct07_lr_bm.pdf)
  - **Hemodialysis: What You Need to Know**  
[https://www.kidney.org/sites/default/files/11-50-0214\\_hemodialysis.pdf](https://www.kidney.org/sites/default/files/11-50-0214_hemodialysis.pdf)
  - **Hemodialysis Access: What You Need to Know**  
[https://www.kidney.org/sites/default/files/11-50-0216\\_va.pdf](https://www.kidney.org/sites/default/files/11-50-0216_va.pdf)
  - **Home Hemodialysis**  
[https://www.kidney.org/sites/default/files/11-10-0329\\_homehemo.pdf](https://www.kidney.org/sites/default/files/11-10-0329_homehemo.pdf)
  - **Nutrition and Hemodialysis**  
[https://www.kidney.org/sites/default/files/11-50-0136\\_nutri\\_hemo.pdf](https://www.kidney.org/sites/default/files/11-50-0136_nutri_hemo.pdf)

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- National Institute of Diabetes and Digestive and Kidney Diseases
  - **Hemodialysis Dose and Adequacy**  
[https://www.niddk.nih.gov/-/media/Files/Kidney-Disease/hemodialysis\\_dose\\_508.pdf?la=en](https://www.niddk.nih.gov/-/media/Files/Kidney-Disease/hemodialysis_dose_508.pdf?la=en)
  - **Vascular Access for Hemodialysis**  
[https://www.niddk.nih.gov/-/media/Files/Kidney-Disease/vascularaccess\\_508.pdf](https://www.niddk.nih.gov/-/media/Files/Kidney-Disease/vascularaccess_508.pdf)
- Society for Vascular Surgery
  - **Dialysis Access**  
<https://vascular.org/printpdf/patient-resources/vascular-treatments/dialysis-access>

### **Audiovisual Resources**

- Michigan Medicine Vascular Surgery  
**Varicose Veins & Chronic Venous Insufficiency.** 11:31 minutes  
<http://surgery.med.umich.edu/vascular/patient/patiented.shtml>  
Scroll down the page until you find the above title to click on

### **Web Resources**

- **American Association of Kidney Patients (AAKP)**  
<https://aakp.org/>  
Includes information on kidney education, advocacy, and patient communities.
- **American Kidney Fund: Hemodialysis**  
<http://www.kidneyfund.org/kidney-disease/kidney-failure/treatment-of-kidney-failure/hemodialysis/>  
Provides general information on Hemodialysis and vascular access. The site also includes a blog with information from patients.

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- **Centers for Disease Control and Prevention: Dialysis Safety Patient Information**  
<https://www.cdc.gov/dialysis/patient/index.html>  
Provides information on dialysis and preventing infection.
- **End Stage Renal Disease (ESRD) National Coordinating Center (NCC)**  
<https://www.esrdncc.org/en/>  
Provides patient information on treatment, living with dialysis, taking care of your mental health and more.
- **Midwest Kidney Network**  
<http://midwestkidneynetwork.org/>  
Focused on improving care for kidney disease patients. Also provides information and resources on kidney disease.
- **National Institute of Diabetes and Digestive Kidney Diseases: Hemodialysis**  
<https://www.niddk.nih.gov/health-information/kidney-disease/kidney-failure/hemodialysis>  
This site has general information on hemodialysis as well as diet and nutrition while on hemodialysis.
- **National Kidney Disease Education Program (NKDEP)**  
<https://www.niddk.nih.gov/health-information/communication-programs/nkdep>  
Provides information to help understand and manage kidney disease.
- **National Kidney Foundation**  
<https://www.kidney.org/>  
This site is dedicated to the awareness, prevention and treatment of kidney disease.
- **National Kidney Foundation of Michigan (NKFM): Dialysis**  
<https://www.nkfm.org/help-information/dialysis>  
Provides information on dialysis as well as information on related Michigan resources.

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- **Renal Support Network**  
<https://www.rsnhope.org/>  
Offers support and education for people with kidney disease.

### Michigan Medicine Resources

- **Michigan Medicine Comprehensive Kidney Program**  
<https://www.uofmhealth.org/conditions-treatments/kidney>
- **Michigan Medicine Frankel Cardiovascular Center Hemodialysis Access by Vascular Surgeons**  
<https://www.umcvc.org/conditions-treatments/hemodialysis-access-vascular-surgeons>
- **The Cardiovascular Disease Prevention & Rehabilitation Program at Domino's Farms** offers a number of relevant program and services including:
  - Cardiac Rehabilitation Program
  - Exercise Consultations
  - Nutrition Services
  - Stress Management ServicesFor more information access <http://www.umcvc.org/medical-services/cardiovascular-disease-prevention-and-rehabilitation> or call: 734.888.287.1082
- **Diabetes Education Classes at the University of Michigan**  
<https://www.uofmhealth.org/conditions-treatments/diabetes-classes>  
A certified team of diabetes experts helps to empower patients to take charge of their diabetes.
- **Tobacco Treatment Programs**  
Group and individual quit-smoking programs.  
For more information <http://hr.umich.edu/mhealthy/programs/tobacco/> , call (734) 998-6222 or email at [quitsmoking@med.umich.edu](mailto:quitsmoking@med.umich.edu)

This document contains information and/or instructional materials developed by Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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