

### **First Step Self Care Options**

- Know name, purpose, dose, and frequency of medications taken
- Tear tape strips to be used on access
- Prepare station with personal items (i.e., blankets, books, craft materials, food & drink if facility permits, etc.)
- Know type of access, check blood flow daily, protect access from blood draws/IVs/blood pressures, report symptoms (i.e., swelling, redness, loss of feeling)
  
- Recite steps of an emergency disconnect from dialysis machine
- Recite and participate in facility emergency procedures for fire, earthquake, weather, etc.
  
- Put pressure on access site after needle removal
- Perform skin prep on access
- Know direction of flow in the access (arterial and venous side)
- Be able to describe usual post-dialysis access dressing
- Take and record temperature, blood pressure, and weight
  
- Verify dialyzer and ask if it has been correctly reprocessed, printed, and checked for disinfectant (if applicable)
- Report symptoms during and off dialysis (i.e., swelling, shortness of breath, chest pain, dizziness, fever)
- Take and record blood pressure
- Explain basic principles of dialysis and how the machine works

### **Intermediate Self Care Options**

- Know what machine alarms mean
- Know when fluid replacement is needed
- Know steps to relieve common, non life-threatening symptoms (i.e., low BP, cramping)
- Know dry weight and how much fluid should be removed
  
- Know the rotational pattern for cannulating the access
- Know where access shouldn't be cannulated
  
- Know own normal venous and arterial pressure
- Know desired and usual blood flow rates
- Know if machine is set up correctly (correct dialysis flow, sodium modeling, heparin pump settings, TMP/UF rate)
- Know normal lab values and how they compare (potassium, phosphorus, calcium, BUN, Hgb/Hct, albumin, Kt/V or URR, PTH; diabetics should know their HgbA1c)
- Know medication purpose, dosage, and frequency during dialysis
  
- Set up and take down dialysis machine
- Insert hemodialysis needle with assistance

### **Advanced Self Care Options**

- Know how to troubleshoot dialysis machine (i.e. power or water failure, dialyzer leak, air in the lines, serious symptoms)
- Insert hemodialysis needles unassisted