

My Plan, My Care



The Plan of Care meeting, sometimes called the PoC meeting, is a focused time to talk with your healthcare team about your dialysis care. During the PoC meeting, your healthcare team will answer your questions and concerns about your care.

Take this document with you to your next PoC meeting. Use it to help you ask your healthcare team questions and take notes at the meeting.

Questions to Ask Your Care Team About Your Dialysis Treatment Plan



What is the length of time of my dialysis treatment? Why do I need to dialyze for the prescribed length of time?



Do you have any concerns about my lab results?



Do you have any concerns about my fluid gain or how much is being taken off during treatments?



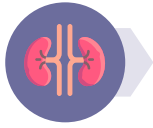
What is my nutritional status?



Why do I feel tired and weak?



Is my vascular access working properly?



Can we talk about having me evaluated for the kidney transplant waitlist?



From what you know about me, do you think that I will be able to do a home dialysis treatment successfully?



Can I see what you have listed as my medication list? Can we talk about my medications?



Can you help me create an advance directive or living will?

I want to talk to my healthcare team about the following concerns:



- | | |
|---|---|
| <input type="checkbox"/> Emotional and mental health | <input type="checkbox"/> Diet/food |
| <input type="checkbox"/> Sexual health | <input type="checkbox"/> Low energy |
| <input type="checkbox"/> Memory or concentration loss | <input type="checkbox"/> Insurance |
| <input type="checkbox"/> Family | <input type="checkbox"/> Stopping smoking |
| <input type="checkbox"/> Financial advice or assistance | <input type="checkbox"/> Weight changes |
| <input type="checkbox"/> Advance directive or living will | <input type="checkbox"/> Other |

Am I up to date with my vaccinations?



- | | |
|--------------------------------------|--|
| <input type="checkbox"/> Hepatitis | <input type="checkbox"/> Flu |
| <input type="checkbox"/> Shingles | <input type="checkbox"/> Measles, mumps, and rubella |
| <input type="checkbox"/> Meningitis | <input type="checkbox"/> Tetanus |
| <input type="checkbox"/> Prevnar13 | <input type="checkbox"/> Chickenpox |
| <input type="checkbox"/> Pneumovax23 | |

Additional items to keep in mind before and during your PoC meeting.

Check off the items you have completed.

- Did you ask your clinic to give you at least a 24-hour notice of when your PoC meeting is to take place?
- Did you ask to have the PoC meeting in the center conference room, over the phone, or by Zoom™?
- Did you ask a family member or friend to attend the meeting with you? Your clinic may have a patient advocate that could attend with you if you would prefer.

