

Overview

A diagnosis of end stage kidney disease and the idea of traveling to dialyze three days a week for four hours a day at a center can be overwhelming.

Dialyzing at home is an option for patients that offers greater flexibility, more privacy and convenience, and better outcomes.

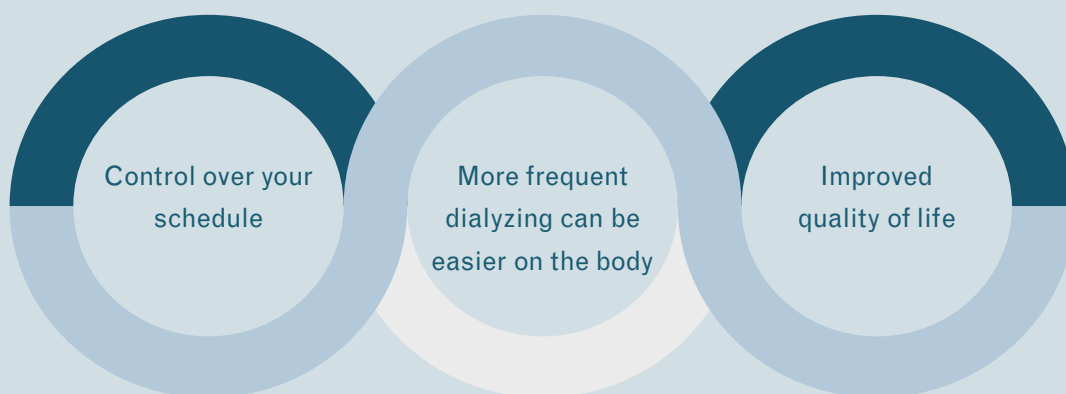
At Northwest Kidney Centers, a higher percentage of our patients dialyze at home than do nationally—and we're committed to increasing that number and more equitably serving patients of all races, ethnicities and socioeconomic status.



Benefits of Home Dialysis

Home dialysis can mean more flexibility, fewer food restrictions and better outcomes. Patients can choose between Hemodialysis and Peritoneal Dialysis.

Roughly 20% of our home patients choose Hemodialysis where blood is cleaned using an artificial kidney machine and 80% choose Peritoneal Dialysis that uses the lining of your abdomen to filter your blood inside your body.



Gaps in home dialysis use

Whether it's implicit bias in the referral process or inequity in access to the education materials or other reasons needs to be studied more, but we do know people of color are less likely than white people to dialyze at home¹:

BLACK PATIENTS

24%
less likely

HISPANIC PATIENTS

10%
less likely

At Northwest Kidney Centers we work proactively—with our nephrologist partners and our front-line dialysis techs—to raise awareness of these disparities and promote home dialysis as an option.

Home Dialysis at Northwest Kidney Centers

Nearly 20% of patients at Northwest Kidney Centers dialyze at home (compared to 12% of patients nationally). From education to offering respite care for caregivers and support while traveling, we are with patients every step of the way. With strategic investments in our staff and facilities, we can continue to lead the nation in patients dialyzing from the comfort of their homes.



With the support of her husband Michael, Lucille Parker dialyzed at home for more than 45 years.

“ You have to stay on
your schedule and
take care of yourself. ”

Lucille Parker



OUR SERVICES

Patients receive
1-on-1 training
with a nurse who
specializes in
home dialysis.

We offer 24-hour
nurse support, 7
days a week.

Patients and
caregivers
receive 40 - 100
hours of in-clinic
training.

300+
Patients served
last year



OUR PATIENTS

1/2
Nearly half of
patients are low
income

50%+
More than half of
patients identify
as people of color

Achieving Equity with Home Dialysis



OUR APPROACH

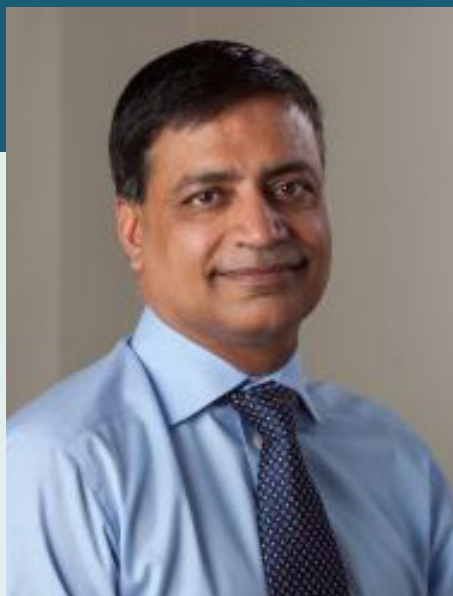
We work upstream to educate people before a diagnosis about the benefits of home dialysis. We also work with nephrologists to refer patients directly to home dialysis. Our goal is that when someone is diagnosed with end stage kidney disease they have enough information to bypass in-center dialysis and go straight to in-home care.

WHAT WE'RE LEARNING

People of color are less likely to dialyze at home. We're unclear whether this is because of the degree of outreach to communities of color or inherent mistrust in the health system due to years of systemic racism but we are actively working to combat these disparities.

HOW WE'RE DIFFERENT

Our patients and caregivers receive round-the-clock support. From intensive training to respite care for caregivers to recharge, we are with patients and their families every step of the way.



“

Our goal is to start patients on home dialysis from the outset instead of first starting with treatments in an outpatient clinic setting. The team at Northwest Kidney Centers does a great job working with patients and care givers to support them throughout the process.

”

Rajnish Mehrotra, MD, MS
UW Medicine Division Head, Nephrology

Donor investment is needed to provide this critical care to patients.
Serving our 300+ patients costs \$1M each year. We know that with additional funding, we can grow the program in an equitable way.

FUNDING NEEDED TO
MAINTAIN PROGRAM

\$1M

FUNDING NEEDED TO
TO GROW TO 25% OF PATIENTS

\$200k



COST
\$50k

**In-center training for
the medical team**

Patients tell us that their dialysis team feels like a second family. It's important that our teams know the benefits and accessibility of home dialysis. We have not had the resources for comprehensive ongoing training—with additional support, we could train the front-line team of 20+ each quarter.



COST
\$80k

**Translate training materials
for patients**

While we pride ourselves in supporting our patient population in more than 80 languages, because of funding and staffing constraints, we are behind in the Home Program. Currently our Patient Training Manuals and administrative forms are provided only in English, requiring less than ideal ad-hoc translation for many home dialysis patients and their caregivers. This means the program is not being promoted in an accessible way. Additional funding would allow for translation and printing in the top 10 languages spoken by patients.



COST
\$75k

**Improved technology for
hemodialysis patients**

Thanks to funding from the Harry L. & Clare Cayo Wilson Charitable Trust, 50 patients are participating in Nx2me Connected Health, a system that uses a new technology to link home hemodialysis machines to patient clinics, care team and medical records. Clinical staff receive real time data on each patient and have more time to devote to patient care rather than tracking down treatment information. We would like to double the number of patients participating.

**For more information on supporting
Home Dialysis, please contact
Kyle Franklin:**

kyle.franklin@nwkidney.org
206-720-8563