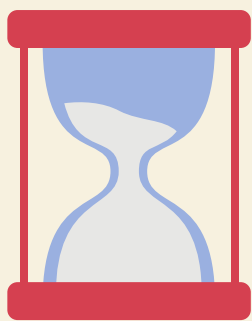
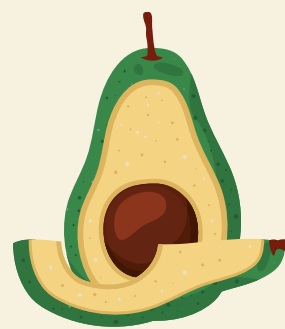


EMOTIONAL AND PHYSICAL SUPPORT FOR CKD PATIENTS



Time Management

A dialysis patient may need to take tons of time out of their week (3 or 4 days a week), so it is important for family members and loved ones to understand this new schedule and work with it and support it



Nutrition

A CKD patient needs to eat foods with potassium, phosphorus, and salt, so it is beneficial for the patient if the family tries to cook foods that are rich in these nutrients and join the patient in eating these foods so they don't feel left out or alienated

Emotional Support

The patient may experience mood changes due to new medication added. Understanding that irritability and moodiness may be part of the experience of kidney disease

Through counseling, patients and families can learn to draw on inner strengths and learn new ways of coping with kidney disease and necessary treatment

They may have been taught that it is "weak" to cry, but many times that is exactly what they need to do.

Physical Impacts

Tired more easily, so the family can be more considerate of the way they are spending time with the patient and make sure to do meaningful things with them

Lack of concentration and forgetfulness, so the family could also just be good supporters in making sure that the patient is in a good mental standing and maybe help them remember details

Body swelling can cause lots of pain to the patient, so families can help by allowing the patient to rest and help carry out tasks for them

Return to Normalcy

Return to Work

Openly discussing your disease with your employer, planning support systems and integrating a flexible schedule is necessary. Having CKD and/or receiving dialysis treatment is not a valid reason to lose your job. That right is protected under the Americans with Disabilities Act

Exercise

It is recommended to exercise with friends and family for safety and support

Traveling

Make sure that the location that you are traveling to has dialysis centers available that would be able to treat you while you are traveling. Some dialysis clinics charge the unit and doctors visit separately. If you are the donor waitlist, make sure to provide a method of contact

Resources

<https://www.freseniusmedicalcare.com/en/patients-families/family-caregivers/>
<https://www.nephrocare.com/patients-home/nephrocare-nutrition/good-food-recipe-library.html>
<https://www.kidney.org/atoz/coping-effectively-guide-patients-and-their-families#3>
<https://renadyl.com/helping-loved-ones/>